

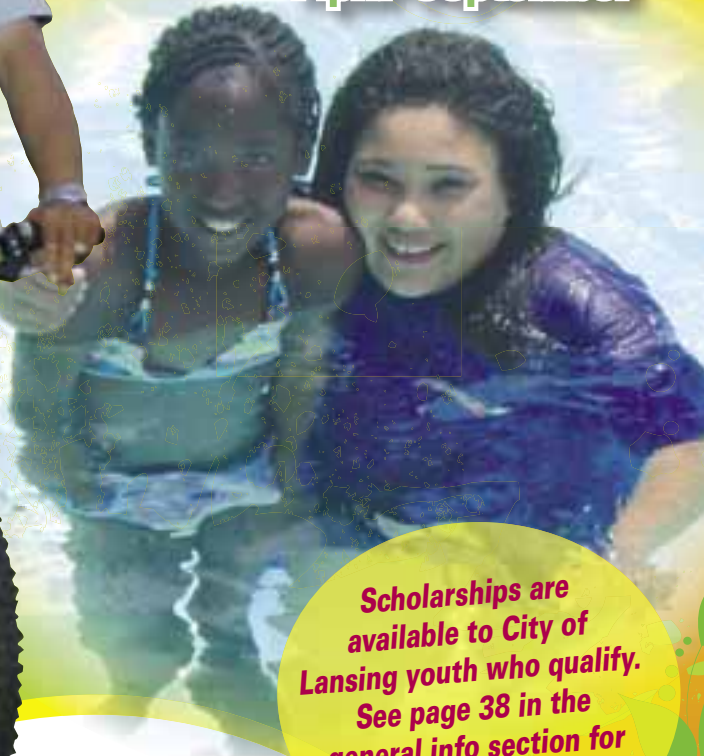
Lansing Parks & Recreation

Your Recreation Leader

Spring/Summer 2010

Activities Guide

April-September



Scholarships are available to City of Lansing youth who qualify. See page 38 in the general info section for complete details.



VIRG BERNERO, MAYOR

*Creating Community
Through People, Parks and Programs*

"The mission of the Parks and Recreation Department is to enhance the quality of life through the preservation and maintenance of park lands, the provision of quality leisure time activities, and the provision of special facilities which would otherwise not be available to the Lansing residents."

Save Time...

Register On-line!

Did you know you may now register online for most Parks and Recreation activities and programs? The process is easy and only takes a matter of minutes. You can register anytime, anywhere 24/7, 365 days a year with a few clicks of your mouse and a Visa, MasterCard or Discover. Follow the directions below for quick and easy access.

Registration Steps

Visit the Parks & Recreation home page at www.lansingmi.gov/parks, form here, and click on the **Register for a Program link**.






To register online you must have a username and password (PIN)

If you have been in a Lansing Parks and Recreation activity before, Your username is the same as your Household ID. This can be located on a past receipt from our department. Your password is your head of household's last name. **Note: Passwords are case sensitive – nearly every household password will be in ALL CAPS.** If you DO NOT know your Household ID number, please call the Parks and Recreation Department during normal business hours to obtain your ID number. Once you have logged into your account, you have the option of changing your username and password.

If this is the first time you will be signing up for a Lansing Parks and Recreation activity, You will need to call any Parks & Recreation Registration Site (see page 39) or register in person. From here you will be given the information for future online registrations.

General Online Registration Information:

Online Registration Image Key:

-  Add This Class To Your Shopping Cart
-  See Class Fees and Costs
-  Not Available For Online Registration
-  See Class Description
-  See Class Minimum and Maximum

New Ways To Stay In Touch!

THE RECREATION E-CONNECT – Lansing

Parks & Recreation's monthly e-mail newsletter, the Recreation E-Connect, is filled with important information, news articles, and the happenings of Lansing's Recreation Leaders. Join the thousands who already receive the E-Connect.

FIND US ON FACEBOOK – Are you a fan of Facebook? Stay connected with everything Lansing Parks & Recreation and unite with other fans, support local causes, and learn about important classes and events.



Find us on
Facebook

CONTENTS

Adult Recreation & Drop-In.....	30
After School Programs.....	30
Aquatics.....	3-5
Concerts.....	Back Cover
Creative & Culinary Arts.....	6
Dance.....	7-9
Equipment Rentals.....	19
Facilities.....	37
Fenner Nature Center.....	10-11
General Information.....	37-38
General Interest.....	12-18
Golf Courses.....	29
Homeschool Classes.....	14-16
Lifetime Sports.....	26-27
Martial Arts.....	28
On-Line Courses.....	18
Phone Numbers.....	37
Refund Information.....	38
Registration.....	39
Recycling.....	36
Scholarships.....	38
Seniors (50+ Go Getters).....	31
Special Events.....	19-21
Sports, Fitness & Wellness.....	22-28
Summer Programs & Camps.....	20-21
Tennis.....	25
Therapeutic Recreation.....	32-33
Turner-Dodge House.....	34-35

If you are interested in advertising in this publication, please contact Denise Lynch, Editor at 483-4290.

Community Center Hours

Gier Community Center.....483-4313
Foster Community Center.....483-4233
Letts Community Center.....483-4311
Southside Community Center....483-6686

BEGINNING MAY 24:

Open Monday - Friday, 8:30 a.m. - 9 p.m.
 Closed Saturday & Sunday

BEGINNING JUNE 14:

Open Monday & Friday, 8:30 a.m. - 5 p.m.
 Southside open until 9 p.m. on Mondays
 Open Tuesday - Thursday, 8:30 a.m. - 9 p.m.
 Closed Saturday & Sunday

BEGINNING SEPTEMBER 13:

Open Monday - Thursday, 8:30 a.m. - 9 p.m.
 Friday, 8:30 a.m. - 5 p.m.
 Closed Saturday & Sunday
 Southside open Sundays, 1-4 p.m. beginning Nov. 6

HOLIDAY CLOSURES

April 2, Good Friday July 5, 4th of July
 May 31, Memorial Day September 6, Labor Day

SCHEDULED FURLOUGH DAYS

Parks and Recreation programs may be closed due to City Furlough Days. Please check with the program or call ahead. This list is subject to updates.

Thursday, April 1 Friday, June 11
 Friday, May 28

AQUATICS

OPEN & LAP SWIMMING

Southside Community Center (Hill) Pool

Bring the family to this free activity close to home! Children under age 12 must be accompanied by an adult with I.D. Toddlers and infants must wear a swim diaper or rubber pants with snug fitting legs. A lane will be reserved for lap swim upon request. Call 483-6685 or 483-4292 for updates or cancellations. Open and Lap swimming times are subject to change based on participation or the pool closing due to unforeseen circumstances.

4/12-6/5 (CLOSED 5/28, 5/29 & 5/31)

Monday.....	Senior Swim	3:30-4:30pm
	Open/Lap Swim.....	4:30-7:30pm
Tuesday.....	Open/Lap Swim.....	11:30am-1:00pm
	Open Swim	4:30-5:30pm
	Lap Swim*	4:30-7:00pm
Wednesday.....	Open Swim	4:30-5:30pm; 7:45-8:45pm
	Lap Swim*	4:30-8:45pm
Thursday.....	Open/Lap Swim.....	11:30am-1:00pm
	Open Swim	4:30-5:30pm
	Lap Swim*	4:30-7:00pm
Friday	Open Swim	4:30-5:30pm; 7:00-8:30pm
	Lap Swim*	4:30-8:30pm
Saturday	Open Swim	11:45am-12:45pm
	Lap Swim*	9:30am-12:45pm

6/21-8/13

Tue-Fri	Open Swim	11:45am-1:15pm
	Lap Swim*	9:30am-1:15pm
Tue & Thu.....	Open Swim	4:30-5:30pm
	Lap Swim*	4:30-7:15pm

SENIOR SWIM



If you are 55 or older, come use our pool and enjoy open and lap swimming! The water is great exercise for people with arthritis, joint problems, people in physical therapy, and also those in top form. We have a chair lift into and out of the water for those in need; a lane will be put in upon request. It's a free drop-in program so no registration necessary. Please be prepared to show picture ID and sign in with emergency contact number.

6/22-8/12 Tue & Thu 3:30-4:30 pm Southside (Hill Pool) Free

*A lane will be available for lap swimming only upon request and based on attendance

Spring Splash Parties

Southside Community Center Hill Pool

Open swimming with a holiday theme. Join us for swimming fun and play on the pool inflatable. Normal open swim rules will apply. \$ 2.00 at the door.

April 10 - Spring Fling Swim
May 8 - Mothers Day Swim

Birthday Pool Party

Southside Community Center Hill Pool

Come celebrate your birthday with us at Hill Pool. Rent the pool for your own personal party. All pool rentals include lifeguards on duty. Call 517-483-6686 for package details and prices.

OUTDOOR COMMUNITY POOLS Open 7 days a week!

ID REQUIRED

YOUTH AGE 11 AND UNDER

(Elementary Age): A parent or guardian with I.D. must fill out a pool emergency information card in person at the pool prior to the child swimming for the season.*

PERSONS AGE 12 - 17

(Middle & High School): Show a current pictured school I.D., Drivers License or state issued I.D. and completely fill out a pool emergency information card.

ADULTS:

Show a current Drivers License or state issued I.D. and completely fill out a pool emergency information card.

Cards will be kept on file for the current pool season at each pool.



Come Swim With Us!

Children under the age of 5 and less than 42 inches tall must be accompanied by a parent or responsible teen at least 16 years old. Children who are not toilet trained must wear a swimming diaper.

Hunter Park Pool & Splash Pad

1400 E. Kalamazoo
Phone: 371-3622

HUNTER POOL SCHEDULE :

June 10 - September 7*

Open Swim, 1-7 p.m. daily
Adult classes/lap swim scheduled, 7-8 p.m., Mon, Wed, Fri
(Call or visit the pool for details)

SPLASH PAD open 1-7 p.m. daily
Available for rental.
Please call 483-4292 for details.

Moore's Park Pool

600 Moore's River Drive
Phone: 371-2778

MOORE'S POOL SCHEDULE:

June 17 - August 17*

Open Swim,
1-7 p.m. daily

Want more swimming?

Swim lessons, aqua exercise and indoor open swim offered at Southside Community Center. See pages 3-5 for details.

*Weather permitting



AQUATICS

Aqua Exercise Classes For Adults

Gain the benefits of aerobics with the conditioning, toning and non-impact benefits of the water.

I WANT RESULTS: Medium-High Intensity (Adults)

This deep water cardiovascular workout utilizes aqua-belts to keep you afloat and get results without stress on your joints. The class is mostly cardio, but strength training is included with a mixture of noodles and dumbbells in the deep end of the pool. Non-swimmers can participate in the shallow end of the pool with a modified workout. Equipment is provided at the pool. 16 classes.

Activity #335110A \$64/Res; \$96/Non-Res
4/13-6/3 Tue & Thu 7-8 pm Southside (Hill)

Activity #435110E \$64/Res; \$96/Non-Res
6/22-8/12 Tue & Thu 7:15-8:15 pm Southside (Hill)

Mini Session (10 classes)

Activity #435110F \$40/Res; \$60/Non-Res
8/24-9/23 Tue & Thu 7-8 pm Southside (Hill)

STRETCH & FLEX Low Intensity (Adults)

End the work week with a relaxing, non-impact workout. This class targets adults who want to work their muscles and joints in a lower intensity setting. 8 classes.

Activity #335120F \$32/Res; \$48/Non-Res
4/13-6/1 Tue 1-1:45 pm Southside (Hill)

CARDIO CIRCUIT High Intensity (Adults)

Join us for an intense cardiovascular workout! Start with a 5 minute warm-up, 35 minutes of hard cardio and end with 5 minutes of cool down. Non-swimmers can participate in the shallow end of the pool with a modified workout. Equipment provided at the pool. 6 classes.

Activity #335130E \$24/Res; \$36/Non-Res
4/17-5/22 Sat 11-11:45 am Southside (Hill)

AQUA EXERCISE PUNCH CARD

Attend any Lansing Parks and Recreation aquatic exercise class with your punch card. Each card is good for 6 punches with no expiration. Great for those with changing schedules.

Activity #335110PC (Spring) \$39/Res; \$58/Non-Res
Activity #435110PC (Summer) \$39/Res; \$58/Non-Res

TEEN/ADULT BEGINNING LEARN-TO-SWIM

For teens and adults ages 15 and up who have never learned to swim. This class is for beginners with very little or no swimming knowledge. Learn basic water skills such as breath control, floating and alternating arms and legs, both on your front and back. The class will take place in the shallow end of the pool and emphasize water comfort and safety. 8 classes. Call 483-4292 to register.

Teen (15-17) Southside (Hill) \$32/Res; \$37/Non-Res
Adult (18 & up) Southside (Hill) \$32/Res; \$48/Non-Res

TEEN/ADULT INTERMEDIATE LEARN-TO-SWIM

For teens and adults ages 15 and up who have some basic swimming

knowledge but would like an opportunity to learn new strokes or to improve their technique. Learn basics of the four competitive strokes (front crawl, back crawl, breaststroke and butterfly) and two recreational strokes (sidestroke and elementary backstroke), as well as other skills such as diving, treading water, and retrieving objects off of the bottom of the pool. This class will take place in both the shallow and deep ends of the pool. 8 classes. Call 483-4292 to register.

Teen (15-17) Southside (Hill) \$32/Res; \$37/Non-Res
Adult (18 & up) Southside (Hill) \$32/Res; \$48/Non-Res

Parent/Child Classes:

BOBBIN BABES (Ages 6 Months – 2 Years)

TINY TOTS (Age 2 – 5 Years)

BABES & TOTS (Ages 1 – 5 Years)

Water adjustment for a parent and child with an emphasis on fun, safety and gaining confidence and comfort in the water. The instructor will guide you with songs, games and activities in the water. One adult must accompany each child in the pool. Child must be toilet trained or wear a swim diaper with snug fitting legs.

Swim Lessons

PRESCHOOL (Ages 3 – 6)

Experience advanced water adjustment activities, propulsive swimming movements, floating, safety and swimming skills in preparation for Level 1.

LEVEL 1: EXPLORERS (Ages 5+)

Continue with advanced water adjustment, introduction to floating and alternating arms. Level 1 creates a sound foundation for aquatic and safety skills.

LEVEL 2: STARFISH

Expand fundamental aquatic locomotion, unsupported floating, gliding, rhythmic breathing, combined skills, safety and rescue skills.

LEVEL 3: GOLDFISH

Increase swimming skills, introduction to the butterfly, build on locomotion, safety and rescue skills, deep water adjustment, diving, treading water.

LEVEL 4: DOLPHINS

Develop confidence and competency in strokes and safety skills beyond preceding levels. Breath control, swimming endurance, rescue breathing, introduction to breaststroke, sidestroke, elementary backstroke and turning at the wall.

LEVEL 5: SHARKS

Continued work on all strokes and safety. Introduction to flip turns on the front and back.

LEVEL 6: STINGRAYS

Refine strokes for ease, efficiency, power and smoothness over greater distances.

Why sign up for Aqua Exercise?

Water based exercise provides a comfortable workout for the body. 90% of a person's body weight is lost when in shoulder deep water and as a result less joint stress is put on the body. In addition to feeling weightless, it can prevent or correct muscular imbalance because the water applies equal tension to the body. Studies have shown that a person who walks on land for 30 minutes uses 135 calories, while walking in deep water for the same amount of time uses 264 calories, due to the resistance produced by the water. Take advantage of all the wonderful benefits the water can provide and sign up for a Lansing Parks and Recreation Aqua Exercise class.



AQUATICS



SPRING TERM SWIM PROGRAM • April- June • Southside Community Center (Hill) Pool

YOUTH LESSONS

Meet 1 day/week for 8 weeks.

No Monday classes for Spring Term.

MONDAYS: 4/12-6/14 (closed 5/31)

Senior Swim	3:30-4:30
Open/Lap Swim	4:30-7:30

TUESDAYS: 4/13-6/1

Open Swim	4:30-5:30
Lap Swim*	4:30-7:00
335010A Level 1	5:30-6:00
335100A Preschool	5:30-6:00
335020A Level 2	6:05-6:50
335030A Level 3	6:05-6:50
335110A I Want Results	7:00-8:00 (thru 6/3)

WEDNESDAYS: 4/14-6/2

Open Swim	4:30-5:30
Lap Swim*	4:30-8:45
335100B Preschool	5:30-6:00
335040B Level 4	5:30-6:15
335020B Level 2	6:05-6:50
335030B Level 3	6:20-7:05
335050B Level 5/6	6:55-7:40
335080B Babes & Tots	7:10-7:40
Open Swim	7:45-8:45

THURSDAYS: 4/15-6/3

Open Swim	4:30-5:30
Lap Swim*	4:30-7:00
335070C Bobbin Babes	5:30-6:00
335010C Level 1	5:30-6:00
335100C Preschool	6:00-6:30
335090C Teen/Adult Beg.	6:05-6:50
335080C Tiny Tots	6:30-7:00
335110A I Want Results	7:00-8:00 (thru 6/3)

FRIDAYS: 4/16-6/18 (no class 5/28,6/11)

Open Swim	4:30-5:30
Lap Swim*	4:30-8:30
335080D Tiny Tots	5:30-6:00
335030D Level 3	5:30-6:15
335100D Preschool	6:05-6:35
335010D Level 1	6:20-6:50
335020D Level 2	6:40-7:25
Open Swim	7:00-8:30

SATURDAYS: 4/17-6/12 (no class 5/29)

Lap Swim*	9:30-12:45
335010E Level 1	9:30-10:00
335100E Preschool	9:30-10:00
335020E Level 2	10:05-10:50
335030E Level 3	10:05-10:50
335090E Teen/Adult Int.	11:00-11:45
335130E Cardio Circuit	11:00-11:45
Open Swim	11:45-12:45

TUESDAYS: (DAYTIME) 4/13-6/15

Open/Lap Swim	11:30-1:00
335120F Stretch & Flex	1:00-1:45 (thru 6/1)

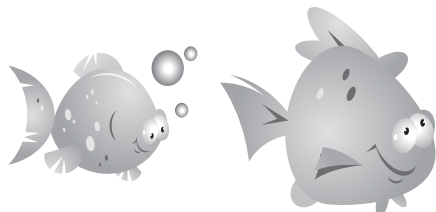
THURSDAYS: (DAYTIME) 4/15-6/17

Open/Lap Swim	11:30-1:00
335080F Babes & Tots	1:00-1:30 (thru 6/3)

*Lane available for lap swim upon request and based on attendance

Full open/lap swim schedule for 6/7-6/19 to be determined

\$32/Res; \$37/Non-Res for lessons.



SUMMER TERM SWIM PROGRAM • June - August • Southside Community Center (Hill) Pool

DAYTIME SCHEDULE

SESSION 1: Tuesday-Friday 6/22-7/2

Lap Swim*	9:30-1:15
435010A Level 1	9:30-10:00
435020A Level 2	9:30-10:15
435080A Babes & Tots	10:00-10:30
435030A Level 3	10:15-11:00
435040A Level 4	10:30-11:15
435050A Level 5/6	11:00-11:45
435100A Preschool	11:15-11:45
Open Swim	11:45-1:15

SESSION 2: Tuesday-Friday 7/6-7/16

Lap Swim*	9:30-1:15
435100B Preschool	9:30-10:00
435030B Level 3	9:30-10:15
435020B Level 2	10:05-10:50
435050B Level 5/6	10:20-11:05
435010B Level 1	10:55-11:40
435090B Teen/Adult (Beg)	11:10-11:55
Open Swim	11:45-1:15

SESSION 3: Tuesday-Friday 7/20-7/30

Lap Swim*	9:30-1:15
435010C Level 1	9:30-10:00
435040C Level 4	9:30-10:15
435100C Preschool	10:00-10:30
435030C Level 3	10:15-11:00
435080C Babes & Tots	10:30-11:00
435050C Level 5/6	11:00-11:45
435020C Level 2	11:00-11:45
Open Swim	11:45-1:15

SESSION 4: Tuesday-Friday 8/3-8/13

Lap Swim*	9:30-1:15
435100D Preschool	9:30-10:00
435030D Level 3	9:30-10:15
435020D Level 2	10:05-10:50
435050D Level 5/6	10:20-11:05
435090D Teen/Adult (Int)	10:55-11:40
435010D Level 1	11:10-11:40
Open Swim	11:45-1:15

EVENING SCHEDULE

SESSION 1: Tuesday & Thursday 6/22-7/15

Open Swim	4:30-5:30
Lap Swim*	4:30-7:15
435100E Preschool	5:30-6:00
435090E Teens/Adults (Beg)	5:30-6:15
435030E Level 3	5:30-6:15
435010E Level 1	6:05-6:35
435020E Level 2	6:20-7:05
435050E Level 5/6	6:20-7:05
435080E Babes & Tots	6:40-7:10
435110E I Want Results	7:15-8:15

SESSION 2: Tuesday & Thursday 7/20-8/12

Open Swim	4:30-5:30
Lap Swim*	4:30-7:15
435080F Babes & Tots	5:30-6:00
435020F Level 2	5:30-6:15
435030F Level 3	5:30-6:15
435010F Level 1	6:05-6:35
435040F Level 4	6:20-7:05
435090F Teens/Adults (Int)	6:20-7:05
435100F Preschool	6:40-7:10
435110E I Want Results	7:15-8:15

*A lane will be available for lap swim upon request and based upon attendance

\$32/Res; \$37/Non-Res for lessons.

SEMI-PRIVATE & PRIVATE SWIM LESSONS (All Ages)

Receive personalized instruction that is scheduled by arrangement. Fee includes four, 30 minute lessons of one on one (private) or one on two/three (semi-private) instruction. Call 483-4292 to register.

Private Youth: \$56/Res; \$61/Non-Res
Private Adult: \$56/Res; \$84/Non-Res

Semi-Private Youth: \$41/Res; \$46/Non-Res
Semi-Private Adult: \$41/Res; \$61/Non-Res



CREATIVE AND CULINARY ARTS

PAINTED PETS – ART CLASS FOR KIDS (Ages 6-10)

Create your own pet picture using a choice of chalk, pencil, or paint. One class will include a special “guest pet” for children to sketch. All artwork will be featured in a special art show. Art show location and date to be announced. Instructor: Chris Bragdon-Lau. 5 sessions.

Activity #313705B	\$5/Res; \$10/Non-Res
4/14-5/12 Wed 4-5 pm	Gier



PYSANKY (Ages 15-Adult)

The traditional art of decorating eggs with wax and dye creates gems of brilliant color. Jozefa has her own beautiful eggs in several galleries; please join her in this fascinating workshop! A \$3 materials fee is due at class. Instructor: Jozefa Rogocki.

Activity #312577A	\$12/Res; \$18/Non-Res
5/8 Sat 1-4 pm	Foster

ONE-STROKE PAINTING (Adults)

This course will teach you the basics of One-Stroke decorative painting created by Donna Dewberry. A complete floral design will be painted together at each session. Instructor: Celestine Hart. 5 sessions.

Activity #314501A	\$40/Res; \$60/Non-Res
4/12-5/12 Wed 6:30-8:30 pm	Letts

CREATIVE PAINTING CLUB (Adults)

All types of painters are welcome including acrylic, watercolor, and oil. We can explore every thing from traditional canvas painting to card making, and from murals to painted fashions and much more. This is a free drop-in program.

4/8-9/30 Thu 6:30-8:30 pm	Letts Free
---------------------------	------------

WATERCOLOR: BEGINNER - INTERMEDIATE (Adults)

Discover the joys of watercolor! You will have an introduction to traditional transparent watercolor, color value and composition. Work will range from cats, florals and landscapes to experimentation. Mixed media techniques will also be introduced. If you have supplies, please bring them. A supply list will print on your receipt when you register. Purchase supplies from O'Leary Paint and get a 10% discount. Instructor: Richard O'Malley. 6 sessions.

Activity #350652A	\$60/Res; \$90/Non-Res
4/13-5/18 Tue 6:30-8:30 pm	Southside (Hill)

Activity #450652A	\$60/Res; \$90/Non-Res
6/22-6/27 Tue 6:30-8:30 pm	Southside (Hill)



CARD MAKING CLASS (Adults)

Learn to make 5 unique hand crafted cards. See how easy it is to make beautiful cards using stamping techniques, a variety of tools, materials and embellishments. A \$5 materials fee is due at class. Please bring your own adhesive and small scissors. No experience necessary.

Activity #313686A	\$14/Res; \$21/Non-Res
5/1 Sat 10 am-2 pm	Gier

TEDDY BEAR CHEFS (Ages 3-5)

These easy, hands-on recipes are foods that kids will enjoy eating and have fun making, while developing basic cooking skills and safety. Instructor: Gier Staff. 4 sessions.

Activity #313531A	\$10/Res; \$15/Non-Res
4/17-5/8 Sat 10:30-11:30 am	Gier

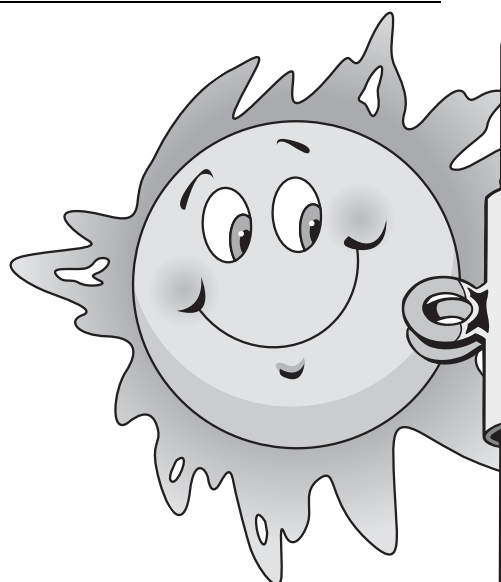
BEAD WEAVING MEDLEY (Adults)

Learn a variety of bead weaving stitches in this five-week class. In each two hour session, you will learn a new stitch and incorporate it into a jewelry project that you will take with you. Ladder stitch, right angle weave, peyote stitch, brick stitch, and picot stitch will be used in four different patterns to create three pairs of earrings, a pendant, and a bracelet. We will finish all of these pieces using ear wires for the earrings and a toggle clasp for the bracelet. The kit fee for this class is \$40 and is payable to the instructor on the first night of class. Instructor: Catherine Stewart. 5 sessions.

Activity #316144A	\$50/Res; \$75/Non-Res
4/16-5/14 Fri 5:30-7:30 pm	Southside (Hill)

Is there a specific craft project for adults that you would like to see offered at your local community center? Are you “crafty” yourself and would like to share your knowledge with others?

Please call Foster (483-4233); Gier (483-4313) or Letts (483-4311) to discuss classes or instruction.



Lansing Parks & Recreation Summer Job Interviews

Parks and Recreation will be holding interviews for upcoming summer jobs starting in April. The majority of positions are for those ages 18 and up. Please go to the City of Lansing website at www.lansingmi.gov and click on the Department of Human Resources for more detailed information. You will find dates, times and location for the interviews, positions available, and when and how to apply. If you have any questions, please call Regina Wilson or Kathy Woodman at (517) 483-4004.



DANCE



PRE-DANCE (Ages 4-6)

Fundamental dance movement, ballet, tap and jazz expressed to music along with warm-ups, tumbling and simple dance sequences. Instructor: Garnett Kepler. 6 sessions.

Activity #312701A		\$23/Res; \$28/Non-Res
4/19-5/24	Mon	4:30-5:20 pm Foster

ACROBATICS (Ages 5-10)

Introduction to basic tumbling moves and agility tricks such as handstands, cartwheels, front and back somersaults and bridges. We will work on stretching and limbering the body and learn proper form of tumbling. Each child will work on moves and tricks appropriate to their skill level. Instructor: Garnett Kepler. 6 sessions.

Activity #312700A		\$23/Res; \$28/Non-Res
4/22-5/27	Thu	4:20-5:10 pm Foster

BALLET/JAZZ (Ages 5-12)

Introduction to basic ballet steps and terminology with fundamental jazz techniques. Develop dancing skills and enhance creative movement. Instructor: Garnett Kepler. 6 sessions.

Activity #312702A (Ages 5-7)		\$23/Res; \$28/Non-Res
4/20-5/25	Tue	5:30-6:20 pm Foster
Activity #312702B (Ages 8-12)		\$23/Res; \$28/Non-Res
4/21-5/26	Wed	4:30-5:20 pm Foster

BEGINNING TAP I (Ages 5-7)

Designed for children with no previous dance experience; this class will include basic tap steps and simple combinations, as well as developing an awareness of how the tap sounds relate to music. Instructor: Julie Williams. 7 sessions.

Activity #312715A		\$25/Res; \$30/Non-Res
4/9-5/21	Fri	6:30-7:10 pm Foster

BEGINNING TAP II (Ages 8-10)

Designed for students who have already taken Tap I. This class takes students into the next level of tap including basic tap steps and rhythm combinations. Instructor: Julie Williams. 7 sessions.

Activity #312716A		\$25/Res; \$30/Non-Res
4/9-5/21	Fri	7:20-8 pm Foster

VARIETY D.A.N.C.E. (Ages 5-14)

Developing And Nurturing Community Empowerment (D.A.N.C.E.) is a non-profit organization dedicated to teaching underprivileged children of the community the art of dance. In each D.A.N.C.E. level listed below, students will learn Jazz, Tap, Hip Hop, Acrobatics, Ballet, Step, Cheer, and African movements. Once students' progress beyond the Introduction level classes, there will be an additional costume fee; levels 2-3 commit to perform in monthly events and/or competitions. All level students will be given a mentor with whom they can address their concerns and needs, are provided tutoring sessions, are encouraged to continue their education beyond high school, and become active within the community by doing community service. Mentoring/Study sessions for all students will be Mondays and Wednesdays from 5:30-6:30 pm. Instructors: Roslyn English & Chadorea Mack. 16/8/4 sessions. All Variety Dance students are expected to participate in a mandatory recital in May (additional costume fees approximately \$30; instructors will provide more information at class).

Introduction: (No previous experience)

Activity #312720A (Ages 5-8)		\$20/Res; \$25/Non-Res
4/8-5/27	Thu	6:15-7:15 pm Foster
Activity #312720B (Ages 9-14)		\$20/Res; \$25/Non-Res
4/8-5/27	Thu	7:30-8:30 pm Foster
Activity #412720A (Ages 5-8)		\$20/Res; \$25/Non-Res
7/8-8/26	Thu	6:15-7:15 pm Foster
Activity #412720B (Ages 9-14)		\$20/Res; \$25/Non-Res
7/8-8/26	Thu	7:30-8:30 pm Foster

Level 2/3: (Instructor Recommendation)

Activity #312720D (Ages 5-14)		\$40/Res; \$45/Non-Res
4/5-5/26	Mon & Wed	6:30-8:30 pm Foster
Activity #312720DD (Ages 5-14)		\$40/Res; \$45/Non-Res
6/2-6/23	Wed	6:30-8:30 pm Foster
Activity #412720D (Ages 5-14)		\$40/Res; \$45/Non-Res
7/7-8/25	Wed	6:30-8:30 pm Foster

S.T.A.R.S. Dance Co. (Audition Only)

Activity #312720F (Ages 5-14)		\$10/Res; \$15/Non-Res
4/8-5/27	Thu	4:30-6 pm Foster
Activity #312720FF (Ages 5-14)		\$10/Res; \$15/Non-Res
6/3-6/24	Thu	4:30-6 pm Foster
Activity #412720F (Ages 5-14)		\$10/Res; \$15/Non-Res
7/8-8/26	Thu	4:30-6 pm Foster

MEXICAN DANCE--LEVEL I/LEVEL II (Ages 6-Adult)

Students will learn traditional folklorico dances. Level I is for the very beginning student and includes costuming, footwork, and cultural enjoyment. Level II is a continuation of Level I and requires instructor recommendation. Instructor: Alicia Guevara Quintero and Anna Ortega. 7 sessions.

Level I (Beginning):

Activity #312706A (Ages 6-12)		\$14/Res; \$19/Non-Res
4/10-5/22	Sat	10:30-11:30 am Foster

Level II (Continuation/Experienced):

Activity #312706B (Ages 8-12)		\$14/Res; \$19/Non-Res
4/10-5/22	Sat	11:30 am-12:30 pm Foster
Activity #312706C (Ages 13-17)		\$14/Res; \$19/Non-Res
4/10-5/22	Sat	12:30-1:30 pm Foster
Activity #312706D (Adults)		\$14/Res; \$21/Non-Res
4/10-5/22	Sat	12:30-1:30 pm Foster

PINT SIZE NIA (Ages 5-8)

NIA is an exciting opportunity for your child to experience the joy of movement through creative expression and music. We will play with guided and non-guided movements and expressions. Children are welcome and encouraged to participate in a way that feels comfortable to them. Instructor: Trudie Wilson. 8 sessions.

Activity #350300D		\$32/Res; \$37/Non-Res
4/15-6/3	Thu	4-4:45 pm Southside (Hill)
Activity #450300D		\$32/Res; \$37/Non-Res
6/24-8/12	Thu	4-4:45 pm Southside (Hill)

NIA TEENS (Ages 13-17)

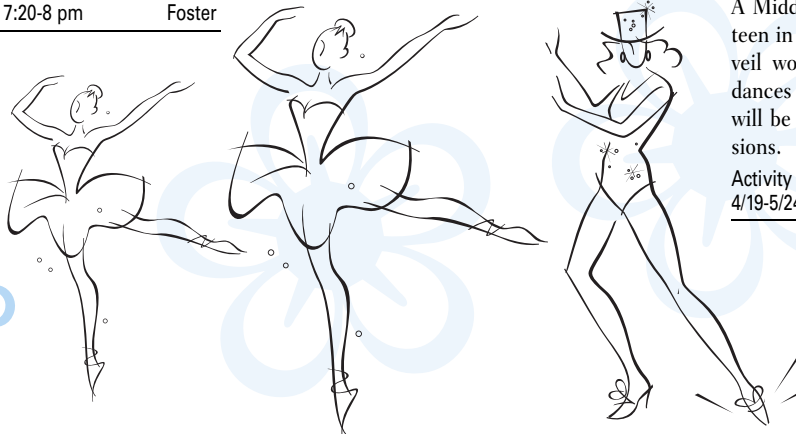
Discover NIA through dance, healing arts, creative movement and music. You can enjoy NIA regardless of your fitness level. Instructor: Trudie Wilson. 8 sessions

Activity #350300E		\$32/Res; \$37/Non-Res
4/15-6/3	Thu	5-5:45 pm Southside (Hill)
Activity #450300E		\$32/Res; \$37/Non-Res
6/24-8/12	Thu	5-5:45 pm Southside (Hill)

BEGINNING BELLY DANCE FOR TEENS (Ages 12-17)

A Middle Eastern dance class designed with your teen in mind. We will introduce basic movements, veil work and a short dance/choreography. Folk dances such as Debke (Lebanese) & Sertos (Greek) will be covered. Instructor: Garnett Kepler. 6 sessions.

Activity #312713A		\$23/Res; \$28/Non-Res
4/19-5/24	Mon	5:30-6:20 pm Foster





DANCE

BEGINNING TAP (Adults)

Adult Tap is an innovative tap dance class involving basic tap steps/combinations with traditional dance moves. Choreography is easy to follow so there is no experience necessary. Instructor: Julie Williams. 7 sessions.

Activity #312517A \$25/Res; \$37/Non-Res
4/9-5/21 Fri 8:10-8:50 pm Foster

NIA DANCE (Adults)

Using physical activity to bring together the mind and the body, this cardio program uses whole body and expressive movements to achieve fitness and wellness. Instructor: Corean Gray. 7 sessions.

Activity #314090A \$42/Res; \$63/Non-Res
4/10-5/22 Sat 3-4 pm Letts

NIA DANCE WORKOUT (Adults)

Join this popular non-impact, mind and body fitness class. NIA integrates movements from dance and healing arts that turns the conventional workout into a full mind and body experience. You can enjoy NIA regardless of your fitness level. Stimulating and exciting music along with creative movements and specific areas of focus will inspire you to thrive! Sign up for both days to receive a discount! Instructor: Trudie Wilson. 8 sessions/1 day/week or 16 sessions/2 day/week.

Activity #350300A	\$48/Res; \$72/Non-Res
4/13-6/1 Tue 6-7 pm	Southside (Hill)
Activity #350300B	\$48/Res; \$72/Non-Res
4/15-6/3 Thu 6-7 pm	Southside (Hill)
Activity #350300C	\$60/Res; \$90/Non-Res
4/13-6/3 Tue/Thu 6-7 pm	Southside (Hill)
Activity #450300A	\$48/Res; \$72/Non-Res
6/22-8/10 Tue 6-7 pm	Southside (Hill)
Activity #450300B	\$48/Res; \$72/Non-Res
6/24-8/12 Thu 6-7 pm	Southside (Hill)
Activity #450300C	\$60/Res; \$90/Non-Res
6/22-8/12 Tue/Thu 6-7 pm	Southside (Hill)



(Adults)
See pg. 24

LATIN DANCE

(Adult Beginner & Intermediate)

Learn Salsa, Merengue, Bachata, and more! This course will teach the basic steps of each dance and how to move your body to these popular Latin rhythms. Latin music appeals to people of all ages and is becoming more popular at weddings, vacation cruises and clubs and is such a fun way to exercise! Partners are not required (but helpful). Comfortable shoes (which can easily slide) and loose clothing are recommended. Participants will also get information on current Latin clubs available in the area where they can practice on weekends. No previous dance experience necessary for beginner class. Instructor: Angela Rojas-Dedenbach. 8 sessions.

Activity #316300A (Beginner)	\$40/Res; \$60/Non-Res
4/13-6/1 Tue 6-7 pm	Southside (Hill)
Activity #316301B (Intermediate)	\$40/Res; \$60/Non-Res
4/13-6/1 Tue 7:15-8:15 pm	Southside (Hill)

PRIVATE BALLROOM DANCE LESSONS

Lessons will be comprised of requests from the Urban and Ballroom dance classes. Dance techniques will be taught at a beginning or intermediate skill level. Instructor: Sterling Armstrong. 4 sessions. At the door price: \$10/Res; \$15/Non Res.

Activity #313373A	\$30/Res; \$45/Non-Res
4/15-5/6 Thu 7:30-9 pm	Gier
Activity #313373B	\$30/Res; \$45/Non-Res
5/20-6/10 Thu 7:30-9 pm	Gier
Activity #313373B	\$30/Res; \$45/Non-Res
5/20-6/10 Thu 7:30-9 pm	Gier
Activity #413373A	\$30/Res; \$45/Non-Res
7/8-7/29 Thu 7:30-9 pm	Gier
Activity #413373B	\$30/Res; \$45/Non-Res
8/12-9/2 Thu 7:30-9 pm	Gier
Activity #413373C	\$30/Res; \$45/Non-Res
9/16-10/7 Thu 7:30-9 pm	Gier

BEGINNING BALLROOM DANCE (Adults)

This class is designed for beginners or as a refresher course. Dances taught will include the Jitterbug, Cha-Cha, Foxtrot and Waltz. Register as couples only! Instructor: Garnett Kepler. 6 sessions.

Activity #312500A \$23/Res Cpl; \$34/Non-Res Cpl
4/22-5/27 Thu 6:30-7:30 pm Foster

URBAN LINE DANCE (Adults)

Learn the basic line dance steps for the old and new Hustles, Cha-Cha and more. At the door prices are \$5 for City of Lansing residents and \$7 for non-residents (pictured ID will be required). Instructor: Sterling Armstrong. 5 sessions.

Activity #313370A	\$20/Res; \$30/Non-Res
4/7-5/5 Wed 6:30-8 pm	Gier
Activity #313370B	\$20/Res; \$30/Non-Res
5/19-6/16 Wed 6:30-8 pm	Gier
Activity #413370A	\$20/Res; \$30/Non-Res
7/7-8/4 Wed 6:30-8 pm	Gier
Activity #413370B	\$20/Res; \$30/Non-Res
8/18-9/15 Wed 6:30-8 pm	Gier

BASIC HUSTLE 101 (Adults)

In this class you will learn the basic Hustle steps. No experience is needed; we will show you everything you need to know. At the door prices are \$3 for City of Lansing residents and \$4.50 for non-residents (pictured ID will be required). Instructor: A. Civils. 10 Sessions.

Activity #314111A	\$30/Res; \$45/Non-Res
4/13-6/15 Tue 6-7:30 pm	Letts
Activity #314111B	\$30/Res; \$45/Non-Res
4/15-6/17 Thu 6-7:30 pm	Letts
Activity #414111A	\$30/Res; \$45/Non-Res
7/6-9/7 Tue 6-7:30 pm	Letts
Activity #414111B	\$30/Res; \$45/Non-Res
7/8-9/9 Thu 6-7:30 pm	Letts



Patsy Watson's School of Dance

Located in the Logan Square ShoppingCenter at the corner of Holmes and Martin Luther King Blvd.

YOUTH AND ADULT CLASSES

Monday through Saturday
Ballet, Tap, Jazz, Hip Hop, Gymnastics,
Acrobatics and Ballroom

On-going registration is accepted

Tuition is paid on a monthly basis and starts at \$19 a month.

YOU MUST BRING THIS AD from the Lansing Parks and Recreation CommunityActivities Guide to receive the special discounts.
NEW STUDENTS ONLY.

Register at Patsy Watson's School of Dance - 882-6871 or visit www.patsywatson.com



DANCE



BEGINNING BELLY DANCE LEVEL I (Adults)

Basic techniques, movement and isolation. Instructor: Garnett Kepler. 6/8 sessions.

Activity #312501A	\$23/Res; \$34/Non-Res
4/19-5/24 Mon 6:30-7:30 pm Foster	
Activity #312501B	\$23/Res; \$34/Non-Res
4/20-5/25 Tue 7:40-8:40 pm Foster	
Activity #412501A	\$30/Res; \$45/Non-Res
7/6-8/24 Tue 5:20-6:20 pm Foster	
Activity #412501B	\$30/Res; \$45/Non-Res
7/7-8/25 Wed 5:30-6:30 pm Foster	

BEGINNING BELLY DANCE LEVEL II (Ages 16-Adult)

This class is for students that have completed the Beginning Level I class (teens and adults). A preparatory class for Intermediate Level. Instructor: Garnett Kepler. 6/8 sessions.

Activity #312526A (Adults)	\$23/Res; \$34/Non-Res
4/22-5/27 Thu 5:20-6:20 pm Foster	
Activity #312526B (Ages 16-18)	\$23/Res; \$34/Non-Res
4/22-5/27 Thu 5:20-6:20 pm Foster	
Activity #412526A (Adults)	\$30/Res; \$45/Non-Res
7/6-8/24 Tue 6:30-7:30 pm Foster	
Activity #412526A (Ages 16-18)	\$30/Res; \$45/Non-Res
7/6-8/24 Tue 6:30-7:30 pm Foster	

INTERMEDIATE BELLY DANCE (Adults)

Designed for those who have had a beginner class or previous experience. Instructor: Garnett Kepler.

Activity #312502A (6 sessions)	\$23/Res; \$34/Non-Res
4/19-5/24 Mon 7:40-8:40 pm Foster	
Activity #312502B (6 sessions)	\$23/Res; \$34/Non-Res
4/20-5/25 Tue 6:30-7:30 pm Foster	
Activity #412502A (8 sessions)	\$30/Res; \$45/Non-Res
7/6-8/24 Tue 7:40-8:40 pm Foster	

MASTER BELLY DANCE (Adults)

Designed for those who have mastered the beginning and intermediate levels. Instructor: Garnett Kepler. 6 sessions.

Activity #312503A	\$23/Res; \$34/Non-Res
4/21-5/26 Wed 5:30-6:20 pm Foster	

BURLESQUE (Adults)

Jazz and Belly Dance styles combined; danced to American music. Two routines will be taught: "fever" will use a chair as a prop, and the second routine will need a man's tie and oversized shirt. Instructor: Garnett Kepler. 6 sessions.

Activity #312525A	\$23/Res; \$34/Non-Res
4/22-5/27 Thu 7:40-8:40 pm Foster	



BELLY DANCE/DRUM SOLO (Adults)

Open to all levels, students will learn an easy drum solo and Arabic Rhythms. Instructor: Garnett Kepler. 4 sessions.

Activity #412529A	\$15/Res; \$22/Non-Res
7/8-7/29 Thu 6:30-7:30 pm Foster	

INTERMEDIATE BELLY DANCE PROPS CLASS (Adults)

Students will learn to manipulate, double veil, Cane, sword, and Baskets. A limited number of props will be provided. Instructor: Garnett Kepler. 4 sessions.

Activity #412528A	\$15/Res; \$22/Non-Res
7/8-7/29 Thu 7:40-8:40 pm Foster	

BEGINNING BELLY DANCE VEIL CLASS (Adults)

Students will learn a beginning level veil dance to "Raks Nellie". Instructor: Garnett Kepler. 4 sessions.

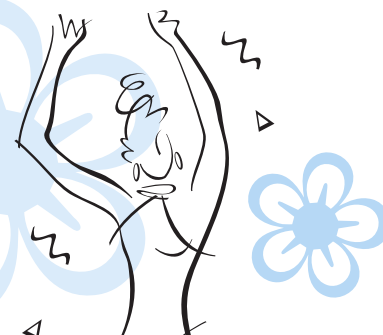
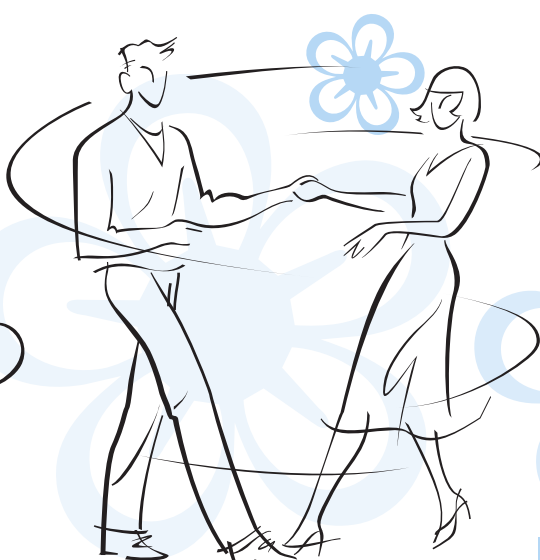
Activity #412530A	\$15/Res; \$22/Non-Res
8/5-8/26 Thu 6:30-7:30 pm Foster	



BELLY DANCE/LATIN FUSION (Adults)

Open to all levels, students will learn a complete routine fusing salsa and belly dance; HOT! Instructor: Garnett Kepler. 4 sessions.

Activity #412532A	\$15/Res; \$22/Non-Res
8/5-8/26 Thu 7:40-8:40 pm Foster	



Save Time...



Did you know you may now register online for most Parks and Recreation activities and programs? The process is easy and only takes a matter of minutes. You can register anytime, anywhere 24/7, 365 days a year with a few clicks of your mouse and a Visa, MasterCard or Discover. See page 39 for details.

United States® Census 2010

IT'S IN OUR HANDS



FENNER NATURE CENTER

Welcome to Fenner Nature Center - providing outdoor recreation and education for the citizens of Lansing since 1959.



Visitor Center Hours: Tuesday thru Friday, 10 am - 4 pm
Saturday and Sunday, 12 noon - 4 pm • Closed Holidays

517-483-4224

Inside the Visitor Center check out the exhibits of local reptiles and amphibians, enjoy watching song birds and wild turkey through large picture windows, or check out the many wonderful items in the Friends of Fenner Gift Shop (Gift Shop open weekends, other times by appointment). No dogs, bikes or alcohol, please.

Trail Hours: Open daily throughout the year from 8 am to sunset.

There are approximately four miles of trails through the nature center's 130 acres. Two of our trails are paved, providing more than ½ mile of easy walking.

MAPLE SYRUP FESTIVAL

**Sat., March 20 and Sun., March 21
11 am-4 pm**

The end of winter and the beginning of spring is a time of increased activity inside the trees. Under the warm rays of the sun, the sap starts to flow in preparation of the coming growing season. This is when we head into the woods to make some maple syrup! Walk to the Maple Grove and learn how to collect this sap from the maple trees and watch how to make maple syrup. Warm up in the Visitor Center with hot chocolate and purchase some maple syrup and maple sugar to take home. Then browse among the beautiful and unique nature arts exhibited by local artists. Step into the Friends of Fenner Gift Shop to look for nature books, toys, jewelry, and other things too numerous to list.

Fenner Free

BIRTHDAY PARTIES FOR CHILDREN - (Ages 4 and Older)

Are you looking for something different to do for your child's birthday party? Come out to Fenner and let the plants, animals and a staff naturalist engage the children in a fun, plus educational, program that is sure to please any birthday child. We offer 2 hour parties for a maximum of 10 children. Call us for information. Fee: \$80

NATURE TOURS

Schools, preschools, home school groups, scouts and others of all ages may schedule guided tours and programs on a variety of subjects. Our youth programs for schools are designed to integrate the science curriculum goals of the state and local districts. Fees: 1 hour tour - \$35, 1.5 to 2 hour tour - \$45

SCOUTS - GENERAL TOURS AND BADGE REQUIREMENTS

Bring your scout troop out to earn their badges. We are able to do badges for Daisy, Brownie, Junior and Cadette Girl Scouts, Cub Scouts and Webelos. Plan to spend part of each session outdoors. Fee: \$4 per child for badge workshops.

Classes

PROJECT LEARNING TREE (PLT) WORKSHOP (Preschool-Grade 8)

Join Fenner Naturalists as they take you through the activities of an award-winning environmental education program designed for both formal and non-formal educators who teach youth from preschool through Grade 12. PLT uses the forest as a "window" on the world to increase young people's understanding of our environment; stimulate their critical thinking; develop their ability to make informed decisions on environmental issues; and instill within them the commitment to take responsible action on behalf of the environment. Participants of the workshop will receive a copy of the PLT curriculum guide, which includes hundreds of activities you can use in your "classroom". Lunch is included. Call Fenner Nature Center at 483-4224 to register

3/27	Sat	10 am-4 pm	Fenner	\$30
------	-----	------------	--------	------

NATURE TREK FOR TODDLERS (Ages 2-3 with adult)

Spring is here and it is a great opportunity to get outside after the cold winter. Come with your toddler to introduce him or her to the wonders of nature. This hands-on, active program has been designed to enhance the natural curiosity of two and three year olds. Each week there will be activities, a story and outdoor discoveries.

Activity #337510A	\$30/Res; \$35/Non-Res
4/19-5/17 Mon	9-10 am Fenner
Activity #337510B	\$30/Res; \$35/Non-Res
4/19-5/17 Mon	10:30-11:30 am Fenner

SPRING BREAK NATURE EXPLORATIONS (Kindergarten - 5th grade)

Sign up for one or more days at Fenner Nature Center and explore the park during the changing season. We may experience everything from a snowstorm to balmy temperatures, so dress for the weather. We will go out and investigate the changes occurring in plants and animals in the park. We will also have plenty of indoor activities including feeding and learning about the live reptiles and amphibians, and making nature crafts. Bring a bag lunch.

Activity #337530A	\$15
4/6 Tue	9 am-2:30 pm Fenner
Activity #337530B	\$15
4/7 Wed	9 am-2:30 pm Fenner
Activity #337530C	\$15
4/8 Thu	9 am-2:30 pm Fenner

KNEE HIGH NATURALIST (Ages 3-5)

There are many story books that excite nature curiosity of children. Jean Bolley of the Capital Area District Library will begin with a story, a staff naturalist will then continue with activities and a discovery walk on the same theme. The afternoon will end with a craft to take home.

Activity #337520A - Snakes	\$5
4/15 Thu	1-2:30 pm Fenner
Activity #337520B - Turtles	\$5
5/18 Tue	1-2:30 pm Fenner





FENNER NATURE CENTER



HOME SCHOOL CLASSES (KINDERGARTEN- 5TH GRADE)

Home school families can join us for an educational adventure! Under the guidance of a staff naturalist, your child will explore the fields, forests, and wetlands of Fenner Nature Center to observe the lessons of nature first hand.

Activity #337220A	Your Carbon Footprint	\$4/child
4/20 Tue	1-2:30 pm	Fenner
Activity #337220B	Which way is North	\$4/child
5/18 Tue	1-2:30 pm	Fenner

SPRING BIRD WALKS

Walk the trails Saturday mornings with a local birder to observe the spring migration of birds through Lansing. Anyone interested in watching birds or learning more about birds is invited to join us. Saturday walks are led by volunteers from the local Capital Area Audubon Society.

4/10, 4/17, 4/24	9 am	Fenner	Free
5/1, 5/8 5/15, 5/22, 5/29, 6/5	8 am	Fenner	Free

EARTH DAY 2010

Help us celebrate our earth and all it provides us. Kids of all ages can have fun learning to identify trees and animal homes, hike through the forest for a look at how Mother Nature recycles, and learn about some of our native plants and wildlife, including reptiles and amphibians. Help do your part to eradicate some of the invasive plants that are found at Fenner, and find out what your carbon footprint looks like.

4/18 Sun	12-4 pm	Fenner	Free
----------	---------	--------	------

INTERNATIONAL MIGRATORY BIRD DAY/ BE A TOURIST IN YOUR OWN TOWN - SATURDAY, JUNE 5

Join the US Fish and Wildlife Service, Potter Park Zoo and Fenner Nature Center for a day full of fun and information. Start out the day at Fenner on a bird walk. Search for migrating birds on their return from warmer climates and also nesting residents setting up their summer territories. Beginning at 10 am, there will be displays and activities at Fenner and more activities, talks and demonstrations at Potter Park, all provided by individuals and organizations interested in spreading the word about the life of birds.

Fenner Nature Center			
Bird Walk	8 am-10 am	Free	
Family Activities	10 am-5 pm	Free	
Potter Park Zoo			
Activities/displays	10 am-5 pm		

HERBS FROM HEAD TO TOE

Don't just look at your garden this summer... be ready to put your garden to work! Learn several ways to use the herbs you grow to make your own hair conditioner, spritzers, herbal lip balm, facial steams, and herbal body scrub and foot powders. Each participant will receive a lip balm and a handout which includes the recipes for all the day's projects. A \$2 materials fee is payable to the instructor on the day of the workshop. Instructor, Coleen French, is a familiar face to those who have attended past Apple Butter Festivals.

Activity #437250A	\$10/Res; \$15/Non-Res
6/5 Sat	10-11 am
	Fenner

Fenner Summer Nature Camps

Join us for a new and unique summer day camp experience full of adventure at Fenner. All programs will offer close-up, hands-on experiences with the out-of-doors! Each week will include an expert speaker on the week's topic or a trip off site to a local park, museum, bug house, or zoo!

Fees: **4 day camp** Full Day \$55/Res; \$70/Non-Res
2 day camps Full Day \$28/Res; \$36/Non-Res
Preschool Mini Camp (One day) \$8

Pre-K Half Day \$30/Res; \$40/Non-Res
 Pre-K Half Day \$16/Res; \$21/Non-Res
Toddler and friend (Age 3 and under) \$6

ROOTS AND SHOOTS

Learn what makes plants grow and how important they are to us. We will be getting our hands dirty as we get to plant a camp garden and watch it grow. Throughout the summer, we will revisit our garden and enjoy the produce from the garden.

6/16-6/17 Wed-Thu 9 am-2:30 pm
 Activity #437240A (Completed K-2nd grades)
 Activity #437240B (Completed 3rd-7th grades)

WATER WATER EVERYWHERE

Through experiments, games and activities learn about water and how it is so important to our lives. Explore puddles, lakes, ponds and streams, as we learn about and observe animals and plants that live on, in and near water.

7/27-7/28 Tue-Wed
 K-Gr 2 (Completed) #437240E 9 am-2:30 pm

NATURE'S ART

Let trees, grasses, animals and other parts of the landscape of Fenner inspire your artwork in this 4-day camp. You will create several projects using a variety of techniques. From painting to poetry, discover how nature can help you create beautiful works of art.

6/22-6/25 Tue-Fri
 Preschool (Ages 4 & 5) #437200A 9-11:30 am
 #437200B 12-2:30 pm
 K-Gr 2 (Completed) #437210A 9 am-2:30 pm

7/20-7/23 Tue-Fri
 K-Gr 2 (Completed) #437210D 9 am-2:30 pm
 Grade 3-7 (Completed) #437220B 9 am-2:30 pm

GO GREEN

Join us for two days of learning from scientists who love the natural world and love to observe and study how humans can make a difference. We will cook in a solar oven; learn about recycling and how to be a better steward of the earth.

6/29-6/30 Tue-Wed
 K-Gr 2 (Completed) #437240C 9 am-2:30 pm
 Grade 3-7 (Completed) #437240D 9 am-2:30 pm

ANIMAL ADVENTURES

What can hide in plain sight? Sneak up on their prey without detection? Animals can. Join us this week to learn about some amazing animals, and how they are able to exist in some of the most interesting places.

7/6-7/9 Tue-Fri
 K-Gr 2 (Completed) #437210B 9 am-2:30 pm
 Grade 3-7 (Completed) #437220A 9 am-2:30 pm

FLYING FRENZY

Can you think of all the "things with wings" you might see at Fenner? There are more than birds, you know! You will enjoy stories, crafts and experiments while learning about the many creatures of flight.

7/13-7/16 Tue-Fri
 Preschool (Ages 4 & 5) #437200C 9-11:30 am
 #437200D 12-2:30 pm
 K-Gr 2 (Completed) #437210C 9 am-2:30 pm

SURVIVOR CAMP

Could you survive on your own in the wilderness? Learn how to build a fire, identify poisonous plants and find your way around with a compass. This two day camp will be full of fun and exciting adventure... Will you survive the camp?

7/29-7/30 Thu-Fri
 K-Gr 2 (Completed) #437240F 9 am-2:30 pm
 Grade 3-7 (Completed) #437240G 9 am-2:30 pm

THE BEST WEEK EVER

This week is designed to bring back all the campers' favorite activities from the entire summer. Be prepared for a fun filled last week of Nature Day Camp!

8/3-8/6 Tue-Fri
 Preschool (Ages 4 & 5) #437200E 9-11:30 am
 #437200F 12-2:30 pm
 K-Gr 2 (Completed) #437210E 9 am-2:30 pm
 Grade 3-7 (Completed) #437220C 9 am-2:30 pm

PRESCHOOL MINI-CAMP (Ages 4 & 5)

Have fun outdoors with these 1-day camps. There will be lots of activity with hikes, crafts, stories, and games. Fee: \$8/class

6/18 Fri - Roots and Shoots
 #437500A 9-11:30 am #437500B 12-2:30 pm
7/1 Thu - Turtles
 #437500C 9-11:30 am #437500D 12-2:30 pm
7/28 Wed - Water, Water everywhere
 #437500E 9-11:30 am #437500F 12-2:30 pm

TODDLER AND FRIEND (AGES 2-3)

Explore the outdoors with your toddler. Using senses and hands-on activities, your little one will have fun discovering the wonders of nature. Fee: \$6/class

6/18 Fri
 #437510A 9-10 am #437510B 10:30-11:30 am
7/1 Thu
 #437510C 9-10 am #437510D 10:30-11:30 am
7/27 Tue
 #437510E 9-10 am #437510F 10:30-11:30 am



GENERAL INTEREST

TOT TIME (Ages 5 & Under)

Open time for parents and daycare providers to bring pre-school age children to our gym to play. There is plenty of open space, balls, baskets, scooters, and more to play with. Adult must accompany and supervise their child(ren). Please sign in and pay at the door.

4/5-5/25	Mon & Tue	10:30 am-12 pm	\$1/each child Foster
4/14-5/28	Wed & Fri	10-11:30 am	\$1/each child Gier
4/13-5/27	Tues & Thu	10 am-11:30 am	\$1/each child Letts

LITTLE BEAKERS (Ages 3-5)

This class will use safe household items to teach children the fundamentals of several scientific concepts using art, games and a lot of hands on work. One parent volunteer needed per class. A \$5.00 supply fee is due at class. Instructor: Awna Ari. 4 sessions.

Activity #312722A	\$20/Res; \$25/Non-Res
4/15-5/6	Thu 10-11:30 am Foster
Activity #312722B	\$20/Res; \$25/Non-Res
5/13-6/3	Thu 10-11:30 am Foster

CREATIVE DRAMA (Ages 5-8)

This workshop will combine elements of storytelling and traditional theater games and is specifically designed for the younger child. The instructor and students will work together in the art of creative and imaginative fun. The last session will be a shared presentation of our work. Instructor: Christy Pierce. 5 sessions.

Activity #312707A	\$15/Res; \$20/Non-Res
4/20-5/18	Tue 4:30-5:30 pm Foster
Activity #412707A	\$15/Res; \$20/Non-Res
7/13-7/27	Tue & Thu 3:30-4:30 pm Foster

INTRO TO MUSIC (Ages 6-17)

Students will be taught the fundamentals of music starting at the most basic level. Upon completion of the course, students will be able to identify and play quarter notes, eighth notes, half notes and whole notes, as well as corresponding rests. Instructor: Paul Grettenberger. 8 sessions.

Activity #313643A	\$30/Res; \$35/Non-Res
4/13-5/6	Tue & Thu 4-5:30 pm Gier
Activity #313643B	\$30/Res; \$35/Non-Res
5/11-6/3	Tue & Thu 4-5:30 pm Gier
Activity #413643A	\$30/Res; \$35/Non-Res
6/8-7/1	Tue & Thu 4-5:30 pm Gier
Activity #413643B	\$30/Res; \$35/Non-Res
7/6-7/29	Tue & Thu 4-5:30 pm Gier

TEEN LEADERSHIP ACADEMY (Ages 13-17)

Work on your leadership and job skills by volunteering at Foster Community Center's After School Program. You will begin with a leader orientation and then every other week, there will be fun leadership trainings with other teen leaders. You will also be able to choose one day a week to volunteer assisting activity leaders with everyday activities (Monday–Thursday, 3:30– 6:00 pm). Instructor: Kimberly Martus. 6 sessions.

Activity #312789A	\$30/Res; \$35/Non-Res
4/14-5/19	Wed 4:30-6 pm Foster

GET AND KEEP A GOOD JOB (Ages 13-17)

Learn effective techniques to find part time and summer jobs, contact employers, create your resume, interview and more. This program will help you identify your positive skills, improve your communication skills and increase your self-esteem. Instructor: Kimberly Martus. 7 sessions.

Activity #312787A	\$40/Res; \$45/Non-Res
4/15-5/27	Mon 4:30-6:30 pm Foster

ADVANCED BEGINNING "SMARTSTART" GUITAR (Ages 8 -12)

If you have wanted to play the guitar but found it too difficult or frustrating, this class is for you! The "SmartStart" method uses a modified tuning that allows you to pick up a guitar and find your way around it with ease. This class is designed for students that have previously taken "Beginning SmartStart Guitar" or have some experience with the guitar. Students must provide their own guitar, a capo and electronic tuner are highly recommended. \$15 materials fee includes songbook and other printed worksheets - payable at class. Instructor: Ben Hassenger. 6 sessions. No class 7/5.

Activity #450331A	\$32/Res; \$37/Non-Res
6/21-8/2	Mon 5:30-6:30 Southside (Hill)

SONGWRITING FOR CHILDREN (Ages 8-12)

Children are natural songwriters, and these fun and involving workshops are designed to help them embrace and express their creativity. Educator and singer/songwriter Ben Hassenger (of Mystic Shake, Blue Jello) will lead the class through group song writing projects which will help foster their understanding of basic melody, harmony and rhythm aspects of music, learn about rhyming, metaphor and other creative writing skills and encourage expression of their feelings and thoughts as well as nurture teamwork and collaboration skills. Instructor: Ben Hassenger. 6 sessions. No class 7/5.

Activity #450330A	\$32/Res; \$37/Non-Res
6/21-8/2	Mon 6:30-7:30 Southside (Hill)

BEGINNING UKULELE CLASS (Ages 12-Adult)

Explore the magic of the "jumping flea" - your life will be changed forever! The ukulele is a fun, easy-to-play, and portable instrument that is guaranteed to put a smile on your face and those around you. Students must provide their own ukulele tuned G-C-E-A and a three ring notebook. \$10 materials fee includes a variety of songs and printed worksheets -payable at class. Instructor: Ben Hassenger. 6 sessions. No class 7/5.

Activity #450332A (Ages 12-17)	\$32/Res; \$37/Non-Res
6/21-8/2	Mon 7:30-8:30 Southside (Hill)
Activity #450332A (Adults)	\$32/Res; \$48/Non-Res
6/21-8/2	Mon 7:30-8:30 Southside (Hill)

ACTING I (Ages 13-17)

Students will learn the basics of acting and the fundamentals of theater through innovative theater games as well as focus on audition and basic acting techniques. No experience necessary. Instructor: Rachel Mender. 8 Sessions.

Activity #312721A	\$25/Res; \$30/Non-Res
4/14-6/2	Wed 6-7 pm Foster
Activity #412721A	\$25/Res; \$30/Non-Res
6/16-8/4	Wed 6-7 pm Foster

ACTING II (Ages 13-17)

Students will learn to analyze and create an in depth character profile. They will be given monologues and some group scenes to illustrate techniques and revisit the main fundamentals of acting learned in Acting I. Intro to Acting I is required before taking this class however an audition may be requested to be exempt from taking Acting I. Instructor: Rachel Mender. 8 Sessions.

Activity #312721B	\$25/Res; \$30/Non-Res
4/14-6/2	Wed 7:10-8:10 pm Foster
Activity #412721B	\$25/Res; \$30/Non-Res
6/16-8/4	Wed 7:10-8:10 pm Foster

ACTING III (Ages 13-17)

Students will chose a monologue or group scene provided and conduct a thorough character analysis using all the techniques learned in both Acting I and Acting II. Intro to Acting I and/or II are required before taking this class. Instructor: Rachel Mender. 8 Sessions.

Activity #412721C	\$30/Res; \$35/Non-Res
6/15-8/3	Tue 6-7:45 pm Foster

HORSE CAMP- LEVEL I DAY CAMP (Ages 5-14)

This program is with Miniature Horses and learning activities will be hands-on. Information that will be covered includes: horse anatomy, breeds, approaching and haltering; barn and horse safety; and more. Please note that horse back riding is not a part of this program.

Activity #413935A	\$325/Res; \$330/Non-Res
6/14-6/18	Mon-Fri 8 am-5 pm Sierra Rose Farms
Activity #413935B	\$325/Res; \$330/Non-Res
7/12-7/16	Mon-Fri 8 am-5 pm Sierra Rose Farms
Activity #413935C	\$325/Res; \$330/Non-Res
8/9-8/13	Mon-Fri 8 am-5 pm Sierra Rose Farms

SATURDAY CAMP (Ages 5-14)

Each child will be assigned a miniature horse to work with to learn the basics of being safe around a horse, grooming, the care of and love of a horse.

Activity #413937B	\$65
7/10	Sat 9 am-4 pm Sierra Rose Farms
Activity #413937D	\$65
9/11	Sat 9 am-4 pm Sierra Rose Farms





GENERAL INTEREST



MOM & ME HORSE WRANGLER (Ages 4-12 and Mother)

Enjoy an overnight adventure at the farm with our miniature horses, a bonfire, hayride and spending a lot of time with a horse of your own. Bring your own beverage and bedding; dinner and breakfast included. Price is per individual person.

Activity #413930A	\$65/Res; \$70/Non-Res
5/15-5/16 Sat-Sun 2 pm-10 am	Sierra Rose Farms
Activity #413930B	\$65/Res; \$70/Non-Res
8/28-8/29 Sat-Sun 2 pm-10 am	Sierra Rose Farms

FROLIC WITH THE FOALS (Ages 7-16)

This special program gives kids the chance to learn about and work with baby miniature horses. Includes dinner, bonfire, breakfast and a snack.

Activity #413942A	\$100/Res; \$105/Non-Res
6/12-6/13 Sat-Sun 2 pm-10 am	Sierra Rose Farms
Activity #413942A	\$100/Res; \$105/Non-Res
8/14-8/15 Sat-Sun 2 pm-10 am	Sierra Rose Farms

ME, A KID AND A MINI (Ages 3-17)

Child and parent will go through a special program touching on the many aspects of owning, loving and playing with a wonderful miniature horse.

Activity #313934A	\$45
5/1 Sat 10 am-12 pm	Sierra Rose Farms

HORSE RIDING - "NO BITS ABOUT IT" (Ages 5-Adult)

Have you ever thought about riding lessons? Take a tethered ride on one of our experienced school horses and learn a few basic horsemanship skills as well as interact with our famous miniature horses. Helmets are provided.

Activity #313933A (Ages 5-17)	\$50
5/1 Sat 1-3 pm	Sierra Rose Farms
Activity #313933AA (Adults)	\$50/Res; \$75/Non-Res
5/1 Sat 1-3 pm	Sierra Rose Farms

FAMILY MOVIE NIGHT

Enjoy a fun, family friendly flick in our newly renovated gymnasium. Bring whatever you would like to make your movie experience more enjoyable (pillow, blankets, lawn chair, etc). Free popcorn for everyone and great raffle prizes. Call 483-4313 for more information.

4/9 Fri	6:30-8:30 pm	Gier	Free
5/14 Fri	6:30-8:30 pm	Gier	Free
7/21 Wed	6:30-8:30 pm	Gier	Free
8/4 Wed	6:30-8:30 pm	Gier	Free



ORCHIDS AS HOUSEPLANTS (Adults)

You will learn which type of orchid is best for your environment, how to pot your orchid and learn about the common orchid ailments and how to treat them. This class will be very hands on. Instructor: Marilyn Lee. 3 sessions.

Activity #312594A	\$15/Res; \$22/Non-Res
4/14-4/28 Wed 7-8:30 pm	Foster



FUN WITH FIDO (Adults)

This class is perfect for canines of all ages and is designed to deepen the bond with your dog. The class will focus on tricks, agility and obedience. All dogs must be people and dog friendly. Please bring tasty small treats and a toy to class. No dogs for first class. Instructor: Beth Spanski. 6 Sessions. No class 4/16.

Activity #312593A	\$60/Res; \$90/Non-Res
4/9-5/21 Fri 7-8:15 pm	Foster

BAD DOG TO GOOD DOG TRAINING (Adults)

This beginner training and problem-solving class will start your dog on basic manners and self-control. We will use treats and timing to substitute the good behaviors you want, such as Attention, Sit, Come, and Leash work, to bring the dog back from problem behaviors such as jumping, barking, running away and leash pulling. This is gentle, reward-based training that will teach the dog to respond to cues and increase the bonding of owner and dog. Bring dog with you all four weeks with a 6-foot leash; bring proof of rabies vaccination and shots to first class. Dog must be at least 4 mo. old. Instructor: Sally Holliday. 4 sessions.

Activity #312509A	\$50/Res; \$75/Non-Res
4/12-5/3 Mon 5:45-6:45 pm	Foster

YOU'RE ON THE AIR VOICEOVERS (Adults)

In this class you will learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! You will practice voice-over techniques and recording; learn about the voice-over business as a whole, the numerous opportunities, income potential and the all-important demo and how to have it produced.

Activity #314037A	\$35/Res; \$53/Non-Res
6/15 Tue 7-9 pm	Letts

LEARN TO BE A MYSTERY SHOPPER (Adults)

Imagine getting paid to shop, dine and travel! Believe it or not it is possible! Mystery Shopping is growing in popularity and is perfect for anyone who would like to supplement their current income and have fun doing it. Learn what mystery shopping, merchandising, auditing and exit interviews are, what skills are required to become a shopper, how to apply to mystery shopping companies, how to secure assignments, and how to fill out reports. 1 day workshops. Instructor: Ronda Ackerson.

Activity #350180A	\$16/Res; \$24/Non-Res
4/27 Tue 6:30-8 pm	Southside (Hill)
Activity #450180B	\$16/Res; \$24/Non-Res
9/9 Thu 6:30-8 pm	Southside (Hill)

SIGN LANGUAGE - BEGINNING (Ages 13-Adult)

Acquire skills to communicate in sign language and finger spelling with this introduction to approximately 300 signs plus numbers and manual alphabet. Instructor: Sharon Johnson. 8 sessions.

Activity #350620A (Ages 13-17)	\$35/Res; \$40/Non-Res
4/15-6/3 Thu 5:30-6:30 pm	Southside (Hill)
Activity #350620B (Adults)	\$35/Res; \$52/Non-Res
4/15-6/3 Thu 5:30-6:30 pm	Southside (Hill)

AMERICAN SIGN LANGUAGE - CLASS I (Ages 5-13)

This interactive six week course will introduce youth to the culture and language of the Deaf Community. Portions of each class will be taught in silence to enhance the receptive/receiving skills of each student. Textbook fee of \$20 due to instructor at first class. Instructor: Kynesha Hicks. 6 sessions.

Activity #350621A (Ages 5-7)	\$35/Res; \$40/Non-Res
4/16-5/21 Fri 5-6 pm	Southside (Hill)
Activity #350621B (Ages 7-9)	\$35/Res; \$40/Non-Res
4/16-5/21 Fri 6-7 pm	Southside (Hill)
Activity #350621C (Ages 10-13)	\$35/Res; \$40/Non-Res
4/16-5/21 Fri 7-8 pm	Southside (Hill)

CONVERSATIONAL SPANISH AND LATIN CULTURE (Adult Beginning)

Designed for busy adults with no previous instruction in the language, or for those who wish to brush up on their basic skills. This practical and personalized approach to learning basic conversational Spanish also discusses cultural differences which can be helpful to know as we interact with native speakers. Participants will learn everyday dialogue and can develop basic scripts for personal situations. Materials Fee: \$25 (Includes course workbook and worksheets) - payable to instructor on the first day of class. Instructor: Angela Rojas-Dedenbach, Bilingual Consultant, Effective Bilingual Solutions. 8 sessions.

Activity #316600A	\$40/Res; \$60/Non-Res
4/14-6/2 Wed 6-7:30 pm	Southside (Hill)

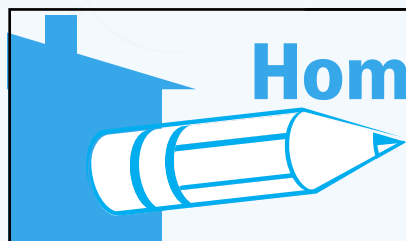
JAPANESE FOR TRAVELERS (Ages 16-Adults)

Thinking of visiting Japan someday? In this course you will learn beginning conversational Japanese phrases and letters. The course will also introduce culture to be ready to travel to Japan. \$20 book and material costs payable to instructor at first class. Instructor: Mitsuko Uhler. 8 sessions.

Activity #316610A (Ages 16-17)	\$40/Res; \$45/Non-Res
4/14-6/2 Wed 6-7 pm	Southside (Hill)
Activity #316610B (Adults)	\$40/Res; \$60/Non-Res
4/14-6/2 Wed 6-7 pm	Southside (Hill)



GENERAL INTEREST



Home School Classes

Structured classes, conveniently scheduled to accommodate home school students!!

Join other homeschoolers for classes and fun at Foster Community Center!

INTRO TO ROBOTICS (Ages 9-12)

How are robots different from other machines? Are all toys that are sold as "robots" really robots? What are some of the different robotic systems that kids can use? Through presentations, demonstrations and group activities, find out the answers to these questions and more. To keep the class affordable for all, this is not a class in which students will individually build and program robots. A materials fee of \$4 is due on the first day of class. Instructor: Patty VanLuyen. 4 sessions.

Activity #312766A \$15/Res; \$20/Non-Res
4/13, 4/27, 5/11, 5/25 Tue 10-11 am Foster



YOGA (Ages 8-Adult)

Know yourself through moving your body, breathing, meditating...in Yoga.

Instructor: Chetna Desai. 4 sessions.

Activity #312768A (Ages 8-17) \$15 Res; \$20 Non-Res
4/13, 4/27, 5/11, 5/25 Tue 10-11 am Foster

Activity #312768B (Adults) \$15 Res; \$22 Non-Res
4/13, 4/27, 5/11, 5/25 Tue 10-11 am Foster



INTRO TO SEWING 1 (Ages 9-12)

Learn the basics about a sewing machine including terminology, common tools, threading, basic feet, tensions, etc. and techniques such as seam and hem finishes. If students have a sewing machine at home they would like to learn on they are welcome to bring it. Primary focus will be on learning to sew a consistent seam. Students will make a pillowcase and a fleece hat and scarf. A \$2 materials fee is due on the first day of class. Instructor: Hanlie Henrich. 4 sessions.

Activity #312771A \$12/Res; \$17/Non-Res
4/13, 4/27, 5/11, 5/25 Tue 11 am-12 pm Foster



INTRO TO SEWING 2 (Ages 13-18)

Learn the basics about a sewing machine including terminology, common tools, threading, basic feet, tensions, etc. Learn basic techniques such as seam and hem finishes, buttonholes, zippers, etc. Students will learn to use rotary mats/cutters. If students have a sewing machine at home or a project they are working on, they are welcome to bring it. Primary focus will be on learning machine and sewing basics. Students will make a drawstring backpack with a zippered pocket, a cargo pocket with button closure and trim to showcase techniques learned. A \$2 materials fee is due on the first day of class. Instructor: Hanlie Henrich. 4 sessions.

Activity #312772A \$12/Res; \$17/Non-Res
4/13, 4/27, 5/11, 5/25 Tue 1:30-2:30 pm Foster



JOB INTERVIEW SKILLS (Ages 13-18)

Students will learn essential job skills to get through an interview. From building resumes to interview prep, you will learn what employers are looking for and how to stand above the rest. A \$10 materials fee is due on the first day of class. Instructor: Diana Oswald. 4 sessions.

Activity #312773A \$12/Res; \$17/Non-Res
4/13, 4/27, 5/11, 5/25 Tue 11 am-12 pm Foster



MAKING A SCENE (Ages 9-18)

Students will meet local film and theater professionals and professors. They will learn about exciting educational and vocational (college level) opportunities on stage, in films, and behind the scenes. Want to act, explore digital media, or learn about light and sound tech? Discover who creates those cool scenes for stages, movies and even cell phones! Instructor: Diana Oswald. 4 sessions.

Activity #312774A (Age 9-17) \$12/Res; \$17/Non-Res
4/13, 4/27, 5/11, 5/25 Tue 12:30-1:30 pm Foster

Activity #312774B (Adults) \$12/Res; \$18/Non-Res
4/13, 4/27, 5/11, 5/25 Tue 12:30-1:30 pm Foster



POLYMER CLAY (Ages 9-18)

We will learn what makes polymer clay so easy and fun to work with as we create several projects each week. A \$7 materials fee is due on the first day of class. Instructor: Beth Ambrose. 4 sessions.

Activity #312790A \$15/Res; \$20/Non-Res
4/13, 4/27, 5/11, 5/25 Tue 12:30-1:30 pm Foster



INTRO TO BICYCLE MAINTENANCE (Ages 9-18)

Learn basic bike maintenance skills. Bring a bike, if you can (it is OK if you can't). Also bring outdoor clothing, because this class will meet outdoors at Foster Community Center (make-up classes will be worked out if there is bad weather). A \$10 materials fee is due on the first day of class. Parents of students ages 9-10 are encouraged to attend to help assist their child. Instructor: Matt Hill. 4 sessions.

Activity #312791A \$8/Res; \$13/Non-Res
4/13, 4/27, 5/11, 5/25 Tue 12:30-1:30 pm Foster



ZOO LAPBOOK (Ages 9-12)

Who works at the zoo? How do they plan what kind of habitat an animal needs? What kinds of animals are at the zoo? As we explore these questions, we will record the many things we have learned and assemble a lapbook based on our new knowledge. A \$2 materials fee is due on the first day of class. Instructor: Beth Ambrose. 4 sessions.

Activity #312792A \$15/Res; \$20/Non-Res
4/13, 4/27, 5/11, 5/25 Tue 1:30-2:30 pm Foster



YOUR TECHNO FUTURE (Ages 13-18)

Students will learn about emerging technology trends that will affect the way we live and work. How will your career and environment be shaped by new opportunities such as alternative energy, nanotechnology, biotechnology and computer-aided inventing? Each speaker will give a general overview of one or more emerging areas, including local educational and vocational opportunities for students. Stay tuned for announcements of specific speakers and topics. Instructor: Patty VanLuyen. 4 sessions.

Activity #312793A \$12/Res; \$17/Non-Res
4/13, 4/27, 5/11, 5/25 Tue 1:30-2:30 pm Foster





GENERAL INTEREST



These classes serve families with diverse needs. Therefore most of the classes meet on ALTERNATE Tuesdays. This gives families flexibility. You can choose to focus on the 2nd and 4th classes, the 1st and 3rd classes or both! Gather in the Community Room while your children are in classes. Bring your lunch and younger siblings. Meet new friends and connect with old ones. Learn new skills and concepts. Share, talk and grow with other homeschoolers. Network with other parents.

NEW!

EXPLORING SPICES (Ages 9-18)

Possible topics and projects include: growing aromatic plants, learning about the plant sources of certain spices, turning raw, whole plant matter into forms that can be used in cooking, creating aromatic oils, and exploring the ways spices are used in food and healing in some cultures. This class complements the "Mystery of Molecules" classes, but they are not required for this class. A \$10 materials fee is due on the first day of class. Instructor: Dawn Hill. 4 sessions.

Activity #312795A \$10/Res; \$15/Non-Res
4/13, 4/27, 5/11, 5/25 Tue 2:30-3:30 pm Foster

NEW!

PYSANKY (Ages 9-Adult)

Celebrate spring and learn the traditional art of decorating eggs with wax and dye. These gems of brilliant colors can be created by young and old. There is a \$3 materials fee due on the first day of class. Instructor: Jozefa Rogocki. 2 sessions, 2 hours each.

Activity #312796A (Ages 9-17) \$15/Res; \$20/Non-Res
4/13 & 4/27 Tue 12:30-2:30 pm Foster

Activity #312796B (Adults) \$15/Res; \$22/Non-Res
4/13 & 4/27 Tue 12:30-2:30 pm Foster



NEW!

INSIGHT 2 (Ages 9-18)

This class consists of creative workshops on the topics below. This class is linked to the presentations in the INSIGHT class (which meets 4/20, 5/4, 5/18, 6/1), but students are not required to take INSIGHT to take this class. There is a \$3 materials fee due on the first day of class.

May 11th: Sculpture made with natural materials--bring your own materials and join us outdoors at Foster Community Center to make Art in the Park.

May 25th: Paper Making--have fun with this versatile medium, invented in China. We will be recycling, so you can bring your own materials. Instructor: Jozefa Rogocki. 2 sessions.

Activity #312797A \$12/Res; \$17/Non-Res
5/11 & 5/25 Tue 12:30-2:30 pm Foster

NEW!

INSIGHT (Ages 12-18)

Looking through a prism at the many facets of the Visual Arts in a series of multi-media presentations and discussions. This class is complemented by the INSIGHT 2 class (which meets 5/11, 5/25), but students do not have to take INSIGHT 2 to take this class.

April 20: An overview of visual art practice.

May 4: Installation Art--Jozefa will talk about her experiences in this field with examples linked to science and technology, including a project developed in relation to the search for Dark Matter in the U.K.

May 18: Art & Landscape--work by British artists from Constable to Goldsworthy

June 1: Art from China--a historical sweep of the brush. Students will have the opportunity to create a scroll in walnut ink. Instructor: Jozefa Rogocki. 4 sessions.

Activity #312798A \$12/Res; \$17/Non-Res
4/20, 5/4, 5/18, 6/1 Tue 12:30-1:30 pm Foster

NEW!

WORLD RELIGION 2 (Ages 12-18)

This class is for returning students who took World Religion in fall 2009. Students will build on what they learned and will continue to learn and explore the many world religions. Students will need to complete the assignments they were given by the instructor Fall Term. Please contact the instructor for any questions about the assignments. Instructor: Chetna Desai. 4 sessions.

Activity #312799A \$15/Res; \$20/Non-Res
4/20, 5/4, 5/18, 6/1 Tue 10-11 am Foster



WORLD RELIGION 1 (Ages 10-18)

Read, Learn, Understand, Explore...the Truths of many world religions, together. Participants will need to buy a class book. Instructor: Chetna Desai. 4 sessions.

Activity #312758A \$15/Res; \$20/Non-Res
4/20, 5/4, 5/18, 6/1 Tue 11 am-12 pm Foster

NEW!

SPRING MIGRATION (Ages 10-18)

Follow the changing of the guard in the bird world, as birds head towards their spring breeding ground. Observe and discuss the birds you are now seeing in your yard and surrounding areas. Learn about migration patterns, flyways and rest stops. We will also continue learning about, and refining, record keeping. You do not need to have taken "Tracking Michigan Birds" in winter to take this class. A \$3 materials fee is due on the first day of class. Instructor: Cathy Worthington. 4 sessions.

Activity #312900A \$15/Res; \$20/Non-Res
4/20, 5/4, 5/18, 6/1 Tue 12:30-1:30 pm Foster

NEW!

GYM (Ages 9-18)

Students will engage in healthy habit-building activities that teach sportsmanship, encourage team play (even indoors), and help build essential coordination skills. Students will participate in relays, soccer, badminton, bocce ball, bowling, volleyball, etc. Instructor will work with students on proper technique and teach healthy habits. A \$10 materials fee is due on the first day of class. Instructor: Diana Oswald. 4 sessions.

Activity #312901A \$20/Res; \$25/Non-Res
4/20, 5/4, 5/18, 6/1 Tue 12:30-1:30 pm Foster

NEW!

DETECTIVE LAPBOOK (Ages 9-12)

Detectives use several methods of investigation to solve crimes; such as fingerprints, hair analysis, sketches or pictures, shoe prints and handwriting analysis. We will create a lapbook demonstrating the various things we have learned. This class will have students using various reading, writing and research skills along the way. A \$2 materials fee is due on the first day of class. Beth Ambrose. 4 sessions.

Activity #312902A \$15/Res; \$20/Non-Res
4/20, 5/4, 5/18, 6/1 Tue 1:30-2:30 pm Foster





GENERAL INTEREST

Home School Classes

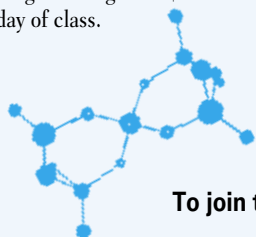


MYSTERY OF MOLECULES LEVEL 1 & 2 (Ages 9-18)

How can our sensation-rich world be made of molecules? Come explore how biomolecules shape the properties of spices and foods. Parents: please pick the class section for which your child has the necessary prerequisite knowledge. Please contact the instructor with questions.

MYSTERY OF MOLECULES, LEVEL 1

Focusing on a different sense each week, students will learn how molecular structures affect taste, smell, feel and color. Using spices, sweet and stinky substances, students will learn about biomolecules made by our bodies and plants. Prerequisite knowledge: Students should already understand phase changes, what protons and electrons are, how C, H and O atoms differ, why water can be described as H₂O, and that different colors relate to different wavelengths of light. A \$15 materials fee due the first day of class.



MYSTERY OF MOLECULES, LEVEL 2

How do molecules help us smell, taste and see? What does that have to do with polymers, isomers, acids, alcohols and ketones? You've heard terms like hydrogenation, antioxidants, and flavonoids ... what do they mean on a molecular level? Prerequisite knowledge: same as Mystery 1, plus students should already be familiar with some common organic compounds and nomenclature. A \$20 materials fee due the first day of class. Instructor: Patty VanLuyen. 4 sessions.

LEVEL 1

Activity #312903A (Ages 9-15) \$35/Res; \$40/Non-Res
4/20, 5/4, 5/18, 6/1 Tue 10:30 am-12 pm Foster

LEVEL 2

Activity #312903B (Ages 11-18) \$35/Res; \$40/Non-Res
4/20, 5/4, 5/18, 6/1 Tue 1:30-3 pm Foster

INTRODUCTION TO THEATRE (Ages 7-18)

We will explore aspects of performing, building on what was taught Fall 2009 and Winter 2010. The class will end with an evening performance for guests. New and repeating participants are welcome. A \$15 materials fee is due on the first day of class. Instructor: Diana Oswald. 8 sessions.

Activity #312770A	\$20/Res; \$25/Non-Res
4/13, 4/27, 5/11, 5/25 Tue	2:30-4:30 pm
4/20, 5/4, 5/18, 6/1 Tue	3:30-4:30 pm Foster

HABLEMOS ESPANOL 2 (Ages 10-13)

This class is for returning students who took Hablemos Espanol 1 during winter term. Students will get the chance to practice what they have learned from the previous class and continue learning common expressions and elementary conversation. A \$10 materials fee is due on the first day of class. Instructor: Olga Lami-Schmizzi. 4 sessions.

Activity #312740A	\$20/Res; \$25/Non-Res
4/20, 5/4, 5/18, 6/1 Tue	5:30-6:30 pm Foster

To join the Homeschool Days at Foster yahoo group or get more information, contact:
Patti at happymato2@aol.com or Patty at patvan72@yahoo.com

Foster Library Programs – Spring/Summer 2010

BABIES AND BOOKS (Ages 6-18 months)

Children and their caregivers will enjoy stories, fingerplays, and songs while interacting with each other. Limited enrollment. Advance registration is required by calling Foster Library at 485-5185. 8 sessions

4/8-5/27	Thu	10:30 am	Free
----------	-----	----------	------

TODDLER STORY TIME (Ages 18-36 month's w/Adult)

Each session consists of stories, a fingerplay or song, and a simple craft. The adult must stay with the child. Limited enrollment. Advance registration is required by calling Foster Library at 485-5185. 8 sessions.

4/7-5/26	Wed	9:30 am	Free
4/7-5/26	Wed	10:30 am	Free

PRESCHOOL STORY TIME (Ages 3-5)

Library fun for those not yet in school. Each session includes stories, songs, fingerplays, and a simple craft. Limited enrollment. Advance registration is required by calling Foster Library at 485-5185. 8 sessions.

4/6-5/25	Tue	10 am	Free
4/7-5/26	Wed	1:30 pm	Free

EVENING STORY TIME

Join Miss Linda for Mom Stories and fun.

5/4	Tue	7-8 pm	Free
-----	-----	--------	------

ADULT BOOK DISCUSSION GROUPS

Meet with other readers and talk about books. Groups meet monthly on the 1st Wednesday of the month at 7 pm or the 1st Thursday of the month at 1 pm. Books are available through the library – no purchase is necessary. Call 485-5185 for title information.

POPCORN AND PAGES (Grade 3 and up)

Books and snacks – what could be better? Bring a favorite book to this new group meeting from 4-5 p.m. the 2nd Wednesday of the month (4/14, 5/12, 6/9, 7/14, 8/11). Program is free.

DROP-IN LEGO CLUB (Ages 6-12)

Build and create. Legos supplied. Drop in anytime from 4-5:30 on the 3rd Monday of the month (4/19, 5/17, 6/21, 7/19, 8/16). Program is free.

SUMMER READING PROGRAMS

Make a Splash at the Library with reading programs for kids and teens. Get your reading record and begin to earn prizes.

6/11-8/14 Free

SUMMER PERFORMERS

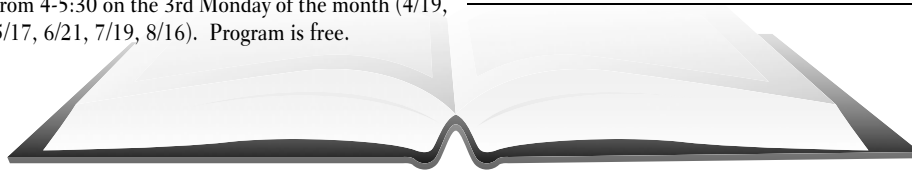
Join us for a summer's worth of fun programs – All programs are free and start at 1:30 p.m.

Thursday, June 17	The Amazing Clark, Puppets
Thursday, June 24	Merry Music Maker
Thursday, July 1	Drumcommunity
Thursday, July 8	Michael Deren, Canal Boat Captain
Thursday, July 15	Joel Tacey, Juggler
Thursday, July 22	Acting Up Theatre Company
Thursday, July 29	Capt'n Willie
Thursday, August 12	Janina Taylor, Magician

SUMMER STORY TIME

Drop in for stories in air-conditioned comfort.

6/15-8/10	Tue	10 am	Free
-----------	-----	-------	------





GENERAL INTEREST



The following classes, workshops, camps and other events are offered by a collaborative of local groups providing gardening and food education activities. More are available--to view the complete calendar of opportunities or for more information, visit www.letsyardenlansing.org

Please register in advance for each event with the contact info below. All events are free unless noted otherwise.

FOSTER PARK RESOURCE CENTER

Please call 517-887-4660 for more information or to register for a program

Tue, Apr 6	6:30-8 pm	Space Saving Tips for your Garden
Wed, Apr 14	6:30-8 pm	Gardening Basics: Grow Your Own Food
Sat, May 15	10-11:30 am	Organic Gardening Methods
Tue, Jun 22	6-8 pm	Organic Pest Control
Thu, Jul 1	6-8 pm	Planting Food for Autumn
Tue, Jul 6	6:30-8 pm	Water-Smart
Wed, Jul 28	6-8 pm	From Garden to Fork: Easy Garden Meals

THE HUNTER PARK COMMUNITY GARDEN HOUSE

Please call 517-367-2468 for more information or to register for a program

Sat, Apr 10	2-3:30 pm	All About Soil
Sat, Apr 24	2-3:30 pm	Garden Startin'
Sat, May 15	2-3:30 pm	Raised Bed Gardening
Sat, May 22	2-3:30 pm	Summer Fruiting Crops & Planning for Fall Crops
Thu, May 27	6:30-8 pm	Rain Barrels
Thu, Aug 5	6:30-8 pm	Harvesting Techniques
Thu, Aug 19	6:30-8 pm	Salsa Making

SOUTHSIDE COMMUNITY CENTER (HILL)

5825 Wise Rd. - Please call 374-5700 or email rita@southlansing.org for more information or to register for a program

Sat, Apr 17	2-3:30 pm	Spring Crops
Sat, May 8	1:30-4 pm	Container Gardening
Thu, May 13	6-7:30 pm	Gardening 101
Sat, Jun 19	2-3:30 pm	Rainwater Collection (Location TBA)

ARMORY COMMUNITY GARDEN

Please call 517-887-4660 for more information or to register for a program

Thu, Apr 22	6:30-8 pm	Digging and Forking for a Better Garden
-------------	-----------	---

FENNER NATURE CENTER

Please call 517-676-7207 for more information or to register for a program **This program has a fee of \$20 for 5 weekly sessions**

Tue, 4/27-5/25	6:30-8 pm	Master Composter Class
----------------	-----------	------------------------

LETT'S SUMMER GARDEN CAMP

221 Huron St. - Please call Joy at 999-2894 or e-mail joy@nwlansing.org for more information or to register for a program.

T, W, Th, 6/15-7/1	12-3 pm	Various
--------------------	---------	---------

MID-MICHIGAN LEADERSHIP ACADEMY SUMMER GARDEN

CAMP, 730 W. Maple St. - Please call Joy at 999-2894 or e-mail joy@nwlansing.org for more information or to register for a program.

T, W, Th, 7/6-7/22	12-3 pm	Various
--------------------	---------	---------

CAVANAUGH SUMMER GARDEN CAMP

300 W Cavanaugh - Please call Joy at 999-2894 or e-mail joy@nwlansing.org for more information or to register for a program.

T, W, Th, 7/27-8/12	12-3 pm	Various
---------------------	---------	---------

GIER COMMUNITY CENTER

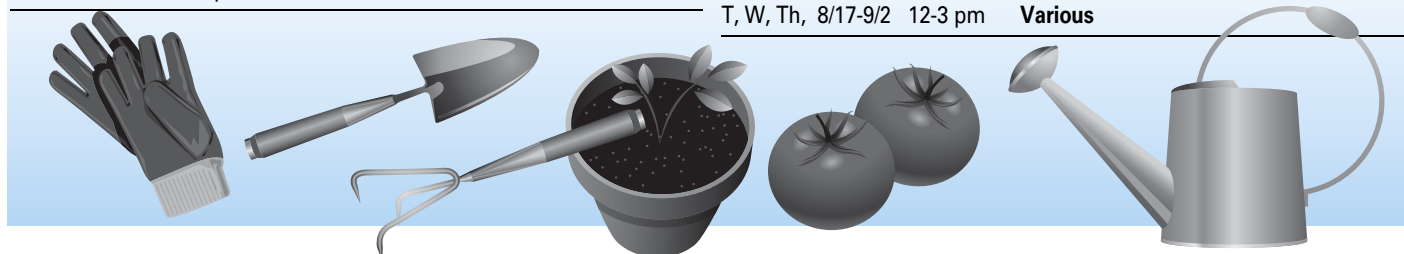
2400 Hall St. - Please call 517-887-4660 for more information or to register for a program

Tue, Aug 3	6-8 pm	Eating Your Rainbow
------------	--------	---------------------

WILLOW SUMMER GARDEN CAMP

1012 W. Willow St - Please call Joy at 999-2894 or e-mail joy@nwlansing.org for more information or to register for a program.

T, W, Th, 8/17-9/2	12-3 pm	Various
--------------------	---------	---------



SPIRITUAL GROWTH MENTORING (Adults)

Gain an overview of Spiritual and Emotional growth based on Abraham Maslow's Hierarchy of needs. As with Psychological needs, there are spiritual plateaus we must attain to reach the optimal level of emotional and spiritual stability and maturity we seek. Participants will explore each level of growth, to form and confirm spiritual values, faith and knowledge for life skills.

Activity #314555C	4/8-5/27	Thu	6-7:30 pm	Letts	\$5/Res; \$8/Non-Res
-------------------	----------	-----	-----------	-------	----------------------



GENERAL INTEREST

On-Line Classes

Read lessons, participate in exercises, and hold live interactive discussions with instructor and fellow students in your on line classroom. Classes run for 6 weeks and are self paced. Complete the lessons at your own timetable. Course requirements include intermediate PC skills. For more information visit www.gsinet.org. Be sure to include your email with registration. We accept late enrollments, for as long as two weeks into the semester. Students don't have to be available at any specific time. The classroom is open 24 hours per day.

Spring session: April 27 - June 10, 2010

Summer session: June 15 - July 29, 2010

THE SECRET TO DEALING WITH OVERLOAD

Is your brain consumed with your to do list before your feet hit the floor in the morning? Has your frenzied pace forced you to accept multitasking out of necessity? Feeling guilty about the piles you're not getting to? The frantic pace of our modern culture leaves us feeling exhausted, stressed and often overwhelmed. It doesn't have to be this way. You can live a life that is both effective and gratifying by learning how to clear away your mental clutter. This class provides powerful tools to help you find inner balance and emotional freedom, while moving ahead with certainty about what needs to be done next, plus receive personal coaching from the instructor.

Activity #350270W	4/27-6/10	\$82
Activity #450270W	6/15-7/29	\$82



COPING WITH FINANCIAL FEAR AND WORRY

Are the wheels starting to come off your emotions due to financial worries? Dealing with the fear of a layoff, or a sudden financial setback causes anxiety, stress, loss of sleep, lack of focus and concentration, and in extreme cases, even clinical depression. The human mind is capable of astounding accomplishments, when free of clutter and at peace. However, when the mind is preoccupied with financial fears and worries, your mental performance plummets. Fortunately, learning simple techniques can ease your suffering and help you cope. This class provides tools and insights into how to control and focus your thoughts to bring some normalcy to your life, plus receive personal coaching from the instructor.

Activity #350270K	4/27-6/10	\$75
Activity #450270K	6/15-7/29	\$75

HOW TO START A HOME BASED BUSINESS

Tired of working for someone else? Stop dreaming and start doing. This online class provides mentoring and step by step techniques and strategies for getting your business up and running quickly. It is all here. Topics include: Conducting market research Incorporating for under \$50 Licenses Filings Naming your business What an Independent Contractor is How to set prices How to promote your business Finding the money Banking, credit cards IRS and home office deductions Buying a franchise Finding small business resources.

Activity #350270G	4/27-6/10	\$75
Activity #450270G	6/15-7/29	\$75

STARTING AN INTERNET BUSINESS

Fear being left behind the Internet explosion? Don't know how or where to start? How much richer would your life be if you operated your own business? Take the online step by step class that includes how to mentoring. Topics include: Identifying web businesses that do well - How to conduct market research on your idea - Adding shopping carts and secure shopping for free - Get your Web site online - Strategies on how to get others to pay you for advertising - How to bring traffic to your site - Winning the search engine game. No additional fee or purchases will be necessary to complete your project.

Activity #350270A	4/27-6/10	\$75
Activity #450270A	6/15-7/29	\$75

TELECOMMUTING - WORKING FROM HOME

Tired of dropping your kids at daycare and fighting bumper-to-bumper traffic-only to suffer through another day in a stress-filled environment? What would happen if you learned the strategies of the 16 million telecommuters who work from home each day? Topics include: Kinds of telecommuting jobs most in demand - What pay/benefits to expect - How to identify telecommuting friendly companies - Skills you will need - Marketing yourself - How to become an insider - Spotting the scams. No instant jobs here, just solid self-promotion techniques.

Activity #350270D	4/27-6/10	\$53
Activity #450270D	6/15-7/29	\$53



**Tuesdays,
starting
March 2,
10:30-11:30 a.m.
at Southside Community Center,
5825 Wise Road**

Come one, come all to a weekly coffee hour at the Southside Community Center Community Room, hosted by the South Lansing Community Development Association (SLCDA). Enjoy free coffee, tea or cocoa (thanks Paramount!), connect with neighbors, and learn about all the cool things happening across the south side! For more details call 374-5700.

LANSING ROWING CLUB

LANSINGROWINGCLUB.ORG

INTRODUCTION TO ROWING

Learn the basics of rowing in single person and multi-oared rowing shells. The program will familiarize beginners with basics of rowing. After a land-based introduction, instruction will be on the water with coaching from experienced coaches from LRC and MSU. All sessions will take place at the Ryden Boathouse in Grand River Park between Martin Luther King and Waverly Rd. on the Grand River. Participants must have reasonable swimming skills.

CLASSES: Mon and Wed 6pm - 8pm, and Sat 9am - 12pm, June 5 - July 14. Participants will attend 2 sessions per week. Cost is \$135. Class size is limited to 32—first come, first served. To register or for more information: ltr@lansingrowingclub.org

OPEN HOUSE: May 22 and May 29 9:30 - 11am (free & optional).

Tour the boathouse, look over equipment and watch some experienced rowers. You may register in person at the open house.



Special Events



13TH ANNUAL Mayor's Family River Walk

**Saturday,
June 6, 2010**

**Walk Begins
at 9:00 a.m.**

**Registration
at 8:30 a.m.**

Join Mayor Bernero on a 3 mile walk that starts at Potter Park Zoo and ends at Hawk Island. The first 1000 walkers receive a T-shirt! Registration begins at 8:30 a.m. Walk begins at 9:00 a.m. There is free shuttle service, courtesy of Dean Transportation, available to take you back to the zoo.

Enjoy the River Trail while getting fit, and get the following FREE:

- T-shirt
- Fun stations along the way
- Certificates for each walker
- Free refreshments (at Hawk Island)
- Entry for Walk Michigan drawing

Equipment Rentals

RECREATION EQUIPMENT RENTAL

A variety of recreation equipment is available for your picnic, reunion, birthday party or other special event. Reservation fee is due at time of reservation. The renter will be liable to cover the cost of lost or damaged equipment.

EQUIPMENT	DAILY	WEEKEND
Picnic Pack (volleyball, kickball, foam flyers, mini hurdles, jump ropes, Velcro catch mitts, foam pizzas— <i>pack may vary slightly</i>)	\$10	\$15
Tug-O-War Rope	\$10	\$15
Sports Bag (softball, basketball, Football, soccer ball, volleyball, Playground ball, dodgeball)	\$10	\$15
Party Pack (games booklet, Spongeballs, cones, parachute, Rubber animals)	\$10	\$15

CARNIVAL GAMES RENTAL



We have a variety of carnival games available for rent ranging from \$5 - \$10/day. Call 483-6019 for a list of games and prices.

INFLATABLE RENTALS

Park staff will deliver, set up, run and take down the inflatable for you. Site must be a flat, grassy area – no cement or asphalt, within a half hour drive of Lansing. Lansing Parks and Recreation reserves the right to determine or reject set-up site. Inflatable must be located within 100 feet of two 20 amp, 110 volt outlets (2 outlets on different circuits). Call 517-483-4293 to check availability and to reserve either inflatable.

Obstacle Course This inflatable is a 56-foot obstacle course! Two people race through a tunnel, weave and dive through obstacles, then climb a rock wall and finish with a slide. This inflatable is 56'L x 12'W x 16'H.

	Two hour rental	Additional Hours
Resident Use Within City Limits	\$250	\$75/each
Non-Resident Use or Resident Use Outside City Limits	\$375	\$100/each

Climbing Wall This inflatable is a 28-foot tall climbing wall! Complete with harnesses and climbing holds, this is a great wall to climb. Two people can climb at one time.

	Two hour rental	Additional Hours
Resident Use Within City Limits	\$350	\$100/each
Non-Resident Use or Resident Use Outside City Limits	\$525	\$150/each

Moonwalk This Sports Themed inflatable has a bouncing area, a climbing challenge and a slide! The moonwalk is 16'x20'x12'.

	Two hour rental	Additional Hours
Resident Use Within City Limits	\$150	\$50/each
Non-Resident Use or Resident Use Outside City Limits	\$225	\$75/each



Kids Triathlon

(Ages 14 and under)

Join us for this fun, exciting event to celebrate healthy and active lifestyles!

Age	Run	Bike	Swim
0-6	50 yds	50 yds	25 yds
7-10	.6 miles (1K)	2 miles	75 yds
11-14	1.2 miles (2K)	4 miles	150 yds

The run course will be on Hill Center's track, the bike course will be a loop in the North Parking Lot and the swim will take place in the Hill Pool. Fee includes the race, a t-shirt, activities and snacks.

Activity #333327A (Ages 0-6)

Activity #333327B (Ages 7-10)

Activity #333327C (Ages 11-14)

5/1 Sat 9 am Southside (Hill) \$10/child

Special

"A Rose For Mom" Essay Contest

(Grades 1-5)

Tell us in 50 words or less, why your mom is the greatest in the world. Entries are due no later than Friday, April 23 by 5pm. The winners will be contacted the week of April 26. We'll deliver a beautiful rose and winning essay to each mother of the winners of each division. Call 483-4233 for an entry blank and contest rules.

Flashlight Easter Egg Hunt

(Ages 4-10)

Are you tired of the same Easter events year after year? If so, try this event for a challenge. When the sun goes down, the fun begins! Plenty of prizes and games! Each participant needs to bring a flashlight (size limited to 2 "D" cell batteries). Wear appropriate clothing for the weather.

Activity #338800X 3/31 Wed 8-9 pm Gier Softball Fields \$5/per person

Spring Break Camp

(Grades K-5)

Schools out, now what? Come to Foster Center for five days of games, crafts and fun! Each day we will have structured supervised activities, snacks and lunch. Friday we will finish the camp out with a trip to Edru Roller Rink! Don't just sit around during break, get out and have fun with Foster Center!

Activity #212205A 4/5-4/9 Mon-Fri 8:45 am-6 pm Foster \$75/Res; \$80/Non-Res

Getting Ready for Summer Garage Sale

This is your opportunity to buy merchandise, clothing and collectibles. One 8 foot table and 2 chairs will be provided; maximum of 2 tables may be purchased.

Activity #314622A 5/22 Sat 10 am-4 pm Letts \$8/per table

Summer Programs and Camps

Summer Playgrounds and Kids Camp

Lansing Parks and Recreation is currently working on improving the quality of its Summer 2010 Kids Camp and Playground Program by offering extended hours before and after the traditional program. We look forward to sharing this new program with you and your children. Please contact your local community center or Parks office after April 15 for all the details: Foster Community Center, 483-4234; Gier Community Center, 483-4313; Letts Community Center, 483-4311, Southside Community Center, 483-6685 or the Parks main office at 483-4277. Thank you.

Family Fun Day at Sleepy Hollow State Park

Pack up the family for a fun filled day at Sleepy Hollow State Park! Various activities are available around the park, including swimming, hiking and fishing (adults must have a fishing license). A hot dog lunch will be included in the trip. Buses will pick up at all four Centers, must pre-register to attend.

Activity #338812A	6/19	Sat	10 am-4:30 pm	Free	Foster
Activity #338812B	6/19	Sat	10 am-4:30 pm	Free	Letts
Activity #338812C	6/19	Sat	10 am-4:30 pm	Free	Gier
Activity #338812D	6/19	Sat	10 am-4:30 pm	Free	Southside
Activity #438812A	8/14	Sat	10 am-4:30 pm	Free	Foster
Activity #438812B	8/14	Sat	10 am-4:30pm	Free	Letts
Activity #438812C	8/14	Sat	10 am-4:30 pm	Free	Gier
Activity #438812D	8/14	Sat	10 am-4:30 pm	Free	Southside

Events

Youth Talent Show

(Ages 7-18)

Attention dancers, singers, musicians, rappers, magicians and more! Interested in showcasing your talent? Join us for an evening of entertainment. There will be two age divisions to compete in ages 7-12 and ages 13-18. Auditions will be scheduled for each performance. For more information, please call Letts Community Center at 483-4311.

8/26	Thu	6-8:30 pm	Letts	Free
------	-----	-----------	-------	------



National Night Out

(All Ages)

Please join Gier Community Center and the Gier Area Neighborhood Watch #153 to celebrate the 3rd annual "National Night Out" on Tuesday, August 3, 2010 from 6-8 p.m. at Gier Community Center. Bring your family and enjoy food, games, talent show, raffle and much more. This event is open to the public. Come out and meet your neighbors at his major family event. To volunteer or questions, please contact Dorothy Soliz, Coordinator at 267-1822 or email at gienighborhood-watch@yahoo.com

Walk Michigan Upcoming Walks

Walk Michigan is a statewide program that encourages people to get fit by incorporating walking into their daily routine. It is easy, requires no special equipment and almost anyone can participate. Join us on National Employee Health and Fitness Day, Wednesday, May 19, during the lunch hour to kick off the walking season. Meet our group in front of the State Capitol. Participants will improve fitness and overall well-being and qualify to win the trip for two to Mackinac Island for the Labor Day Bridge Walk. You can also qualify for the trip every time you walk at Fenner Nature Center, Frances Park and Benjamin Davis Park. Call 483-4313 for more information and additional walking sites.

Fourth of July Parade

Saturday, July 3rd - 11:00 a.m.

Downtown Lansing

Everyone loves a parade! Celebrate the holiday with clowns, antique and specialty automobiles, musicians, dance troops, community groups, and military units. Patriotic individuals interested in participating in the parade have until Friday, June 25 to submit entries. For parade application or more information, please call Lansing Parks and Recreation, Gier Center at 483-4313 or visit www.cityoflansingmi.com to print a parade application.



2010 Summer Concerts in the Park

Free Outdoor Concerts all summer long!
(More information see pg. 40)

Teen Sleepy Hollow Trip



Urban Camping (Ages 7-15)

Overnight camping outdoors in the city will offer an enriching evening of nature, sports, games, crafts, and fun. You will get to know your city for its beautiful natural resources. Investigate the animals, plants and trees that live in the town's environment. Remember kids who connect with nature are more active and tend to lead a healthier lifestyle. This is a great opportunity to collect the ten tokens for the "Lansing Children's Outdoor Bill of Rights" certification. For further information call 483-4313.

Activity# 413523A	\$20/Res; \$25/Non-Res
8/6-8/7 Fri-Sat	4 pm-10 am Gier
Activity# 413523AA (Additional Child)	\$10 each

Join us for a night of nature at Sleepy Hollow State Park! We will fish, hike, swim, make s'mores and more! You don't want to miss this chance to explore the world outside of Lansing.

Activity #433401B	Free
7/15 Thu 4 pm	Foster, Letts, Gier, Southside

MORE Summer Camps Information:

- Fenner Nature Center - pg. 11
- Turner Dodge House - pg. 34



Scholarships may be available - See page 38



SPORTS, FITNESS AND WELLNESS

TINY TUMBLERS FOR 2'S (Age 2)

Your child will be introduced to a tumbling mat and the basics of tumbling including jumping, rolling and form. Parent participation is required to help the child stay focused on activity. Instructor: Stretch-n-Grow. 5 sessions.

Activity #313150A \$30/Res; \$35/Non-Res
4/12-5/10 Mon 5-5:30 pm Gier

TINY TUMBLERS I (Ages 3-5)

Your preschooler will learn the basics of tumbling in addition to learning how to do forward rolls, jumps, head stands and more. Your child will learn the importance of exercising by moving to child-friendly music. Instructor: Stretch-n-Grow. 5 sessions.

Activity #313151A \$30/Res; \$35/Non-Res
4/12-5/10 Mon 5:45-6:15 pm Gier

TINY TUMBLERS II (Ages 3-5)

This class will begin with a quick review of the movements covered in our Tiny Tumblers I class and then move on to new and exciting material your child is sure to enjoy. Pre-requisite: Tiny Tumblers I or similar class. Instructor: Stretch-n-Grow. 5 sessions.

Activity #313153A \$30/Res; \$35/Non-Res
4/12-5/10 Mon 6:30-7 pm Gier

PINT SIZE NIA (Ages 5-8)

NIA is an exciting opportunity for your child to experience the joy of movement through creative expression and music. We will play with guided and non-guided movements and expressions. Children are welcome and encouraged to participate in a way that feels comfortable to them. Instructor: Trudie Wilson. 8 sessions.

Activity #350300D \$32/Res; \$37/Non-Res
4/15-6/3 Thu 4-4:45 pm Southside (Hill)

Activity #450300D \$32/Res; \$37/Non-Res
6/24-8/12 Thu 4-4:45 pm Southside (Hill)

BASKETBALL UNIVERSITY (Grades 1st-4th)

The concentration of this training centers on 5 components, Productive Basketball Skill Training-(ASQ)Speed, Agility, Quickness Training-Instinctive Play-Mental Preparation-Physical Conditioning. This fast pace/detail oriented skill development training and basketball conditioning program is for boys and girls in grades 1st-4th. Our goal is to enable players at various levels to perform with greater confidence and effectiveness with advance knowledge of fundamentals and instructional training.

Activity #314290A (1st & 2nd Gr) \$35/Res; \$40/Non-Res
4/9-4/30 Fri 6-7 pm Letts

Activity #314290B (3rd & 4th Gr) \$35/Res; \$40/Non-Res
4/9-4/30 Fri 7-8 pm Letts



SKILLZ UP BASEBALL (Ages 10-17)

The goals of Skillz Up Baseball training is to introduce, teach and work with all players interested in developing the skills needed to excel playing baseball. Athletic excellence instills self-confidence and teaches life-long values of discipline, respect and dedication for success endeavors. Instructor Jesus Rodriguez played winter baseball in the Caribbean Leagues, college and men's travel leagues.

Activity #332060A \$35
3/14 Sun 11 am- 12 pm Gier

Activity #332060AA \$60
3/14 Sun 11 am-1 pm Gier

Activity #332060B \$35
3/21 Sun 11 am- 12 pm Gier

Activity #332060BB \$60
3/21 Sun 11 am-1 pm Gier

Activity #332060A \$35
3/28 Sun 11 am- 12 pm Gier

Activity #332060CC \$60
3/28 Sun 11 am-1 pm Gier

BEGINNING ARCHERY (Ages 9-Adult)

Concentrates on range rules, safety and fundamentals of archery and is taught using re-curve equipment. This session is appropriate for those who have never shot a bow, or those with little previous experience that are seeking a refresher session. All safety gear and equipment will be provided: (bows, arrows, quiver, and targets). Certified Archery Instructor. 4 sessions

Activity #313291C (Ages 9-15) \$24/Res; \$29/Non-Res
4/24-5/15 Sat 1-2:30 pm Gier

Activity #413291D (Ages 9-15) \$24/Res; \$29/Non-Res
7/6-7/27 Tue 7:15-8:15 pm Gier

Activity #313291E (Adults) \$24/Res; \$36/Non-Res
4/24-5/15 Sat 11 am-12:30 pm Gier

Activity #413291F (Adults) \$24/Res; \$36/Non-Res
7/6-7/27 Tue 11 am-12:30 pm Gier

JUST ABOVE THE GROUND (Ages 4-6)

Designed to provide kids with the basics of rock climbing on an indoor climbing wall, this is an ideal opportunity for children who have never climbed before or are just beginning. Your child will have fun, learn safety and enjoy a unique physical challenge. Instructor: Lansing Parks & Recreation Staff. 4 sessions.

Activity #313051A \$15/Res; \$20/Non-Res
4/17-5/8 Sat 10-11 am Gier

Activity #413051A \$15/Res; \$20/Non-Res
6/9-6/30 Wed 5-6 pm Gier

Activity #413051B \$15/Res; \$20/Non-Res
7/14-8/4 Wed 5-6 pm Gier

FAR ABOVE THE GROUND (Ages 7 -9)

Designed to provide kids with the basics of learning how to climb a rock wall, these sessions are an ideal opportunity for youth who have never climbed or only have novice experience. Learn rock climbing terms, equipment, safety techniques, and much more. Instructor: Lansing Parks & Recreation Staff. 4 sessions.

Activity #313052A \$15/Res; \$20/Non-Res
4/17-5/8 Sat 11:30 am-12:30 pm Gier

Activity #413052A \$15/Res; \$20/Non-Res
6/9-6/30 Wed 6:30-7:30 pm Gier

Activity #413052B \$15/Res; \$20/Non-Res
7/14-8/4 Wed 6:30-7:30 pm Gier

HIGH ABOVE THE GROUND (Ages 10-12)

Learn basic techniques, knots, footwork, commands, safety equipment and much more for climbing a rock wall; ideal for beginners and immediate rocker's with little experience. Instructor: Lansing Parks & Recreation Staff. 4 sessions.

Activity #313053A \$15/Res; \$20/Non-Res
4/17-5/8 Sat 1-2 pm Gier

Activity #413053A \$15/Res; \$20/Non-Res
6/8-6/29 Tue 7:30-8:30 pm Gier

Activity #413053B \$15/Res; \$20/Non-Res
7/6-7/27 Tue 7:30-8:30 pm Gier

TEENS WHO ROCK (Ages 13-17)

The gym is open to climbers. All climbers must have a liability waiver form on file signed by their parent or legal guardian. You are required to wear a safety helmet while climbing the wall. All climbers age 14 and older must pass a certification test to top-rope or lead climb. 4 sessions. No class 5/28.

Activity #313054A \$15/Res; \$20/Non-Res
5/7-6/4 Fri 6-8 pm Gier

Activity #413054A \$15/Res; \$20/Non-Res
6/17-7/8 Thu 7:30-8:30 pm Gier

Activity #413054B \$15/Res; \$20/Non-Res
7/15-8/5 Thu 7:30-8:30 pm Gier

FAMILY THAT ROCKS

Designed to give the family time to climb together and learn the basics of climbing safety, harnesses, knots, belaying, commands, and climbing techniques. All equipment is provided for the course. Family consists of 4 related individuals; each additional member is \$2 for City of Lansing residents and \$3 for non-residents. Instructor: Lansing Parks and Recreation Staff. 4 sessions.

Activity #313055A \$45/Res Fam; \$67/Non-Res Fam
4/22-5/13 Thu 6:30-8:30 pm Gier

Activity #313055B \$45/Res Fam; \$67/Non-Res Fam
5/20-6/10 Thu 6:30-8:30 pm Gier



SPORTS, FITNESS AND WELLNESS



OPEN CLIMBING DAILY

Adults who are interested in climbing our wall are required to sign a waiver form and must know how to belay. Bring your own equipment or use ours to scale the Gier Wall. We recommend that you call 483-4313 to RSVP climbing time. Experienced climbers only-all open Gym climbers must pass a competency test. Cost: \$5 per hour; per climber.

CLIMBING WALL BIRTHDAY PARTY (Ages 6-17)

Give your child or teen a Birthday Party that's unique at Gier Center's indoor climbing wall. They can enjoy hours of climbing, gym activity, and game room fun. Parents provide their own party favors. No climbing experience is needed. An experienced staff person will accompany your party. The cost is \$65.00 for 10 participants, \$2.00 each additional youth. For more information, please call 483-4313.

INDOOR BATTING TUNNEL

Gier Community has a newly renovated gymnasium which includes an indoor batting tunnel available for rent Tuesday through Thursday; between the hours of 9 a.m. and 8 p.m. Cost is \$15 each one-half hour. Please note that the pitching machine requires a person to feed balls into the machine. Please call 483-4313 for available time and reservations.

NIA TEENS (Ages 13-17)

Discover NIA through dance, healing arts, creative movement and music. You can enjoy NIA regardless of your fitness level. Instructor: Trudie Wilson. 8 sessions.

Activity #350300E	\$32/Res; \$37/Non-Res
4/15-6/3 Thu 5-5:45 pm	Southside (Hill)
Activity #450300E	\$32/Res; \$37/Non-Res
6/24-8/12 Thu 5-5:45 pm	Southside (Hill)

THERAPEUTIC YOGA (Adults)

Experience the health benefits of yoga! Body movement/stretching, breathing practices, and visualization integrated together produce relaxation and an overall sense of well being. This is an ongoing activity associated with the Yogic Sciences Research Foundation and is a drop-in program; pay at the door, no registration necessary. Instructor: Pete Bernardo/Ania Kwaitkowski, Rose Cross, Rob Eschbach. No class 4/1, 4/2, 5/28, 5/31, 6/11.

4/5-5/24 Mon 5:30-6:30 pm	Foster	\$2/at the door
6/1-9/7 Tue 5:30-6:30 pm	Foster	\$2/at the door
4/8-9/30 Thu 6-7 pm	Foster	\$2/at the door
4/9-5/21 Fri 6-7 pm	Foster	\$2/at the door
4/9-8/27 Fri 10-11 am	Foster	\$2/at the door
9/13-9/27 Mon 5:30-6:30 pm	Foster	\$2/at the door



VINYASA FLOW DETOX (Adults)

Detoxify in this yoga class as we flow at a moderate pace through a series of postures in a gently heated room, using our breath to help us build a deep internal heat to burn out impurities from our bodies. We will focus on alignment and explore postures in a way to create a practice that is personalized and ideal for our specific skeletal and muscular make-up. We will concentrate on identifying the places that we hold tension and negativity and learn how to open these places with respect for our own body's limitations. After a session we will feel energized, refreshed, and cleansed. For all levels, although prior yoga or fitness experience can be helpful. Instructor: Anna Kaschner. 8 sessions.

Activity #312595A	\$40/Res; \$60/Non-Res or \$9/drop-in
4/14-6/2 Wed 6-7:30 pm	Foster
Activity #412595A	\$40/Res; \$60/Non-Res or \$9/drop-in
6/30-8/18 Wed 6-7:30 pm	Foster

BEGINNING TAI CHI (Adults)

These "No Pain, Much Gain" movements were designed by a medical doctor so that almost anyone can do them. Working within your comfort zone, whether seated or standing, you can experience the many benefits of Tai Chi. These may include increased energy, reduced stress and improved balance. Those who master the initial form will begin learning another form. Instructor: Debra Brown. 7 sessions.

Activity #313280A	\$25/Res; \$37/Non-Res
4/15-5/27 Thu 6:15-7:15 pm	Gier

POWER SCULPTING AND FITNESS

This class combines cardio kick-boxing, hi-lo impact aerobics and weight resistance circuit training, for the ultimate body sculpting experience. Each class will end with a focus on the core muscle groups for added stability. Participants should bring handheld weights and a mat. At the door prices are \$5 for City of Lansing residents and \$7.50 for non-residents (pictured ID will be required) Instructor: Crockett. No meeting 5/28, 5/31, 6/11, 9/6.

Activity #314201A	\$40/Res; \$60/Non-Res
4/5-4/30 M/W/F 9-10 am	Letts
Activity #314201B	\$40/Res; \$60/Non-Res
5/3-6/2 M/W/F 9-10 am	Letts
Activity #314201C	\$40/Res; \$60/Non-Res
6/4-7/2 M/W/F 9-10 am	Letts
Activity #414201D	\$40/Res; \$60/Non-Res
7/7-8/2 M/W/F 9-10 am	Letts
Activity #414201E	\$40/Res; \$60/Non-Res
8/4-8/30 M/W/F 9-10 am	Letts
Activity #414201F	\$40/Res; \$60/Non-Res
9/1-9/29 M/W/F 9-10 am	Letts

POWER SCULPTING BOOTCAMP (Adults)

Lose body fat, gain muscle, feel stronger, get motivated, have more energy, increase self-esteem, and improve performance. This class is for all fitness levels. For total body conditioning, dumbbells and resistance bands are utilized as well as hi-lo impact aerobics, athletic conditioning drills, and kick-boxing for cardiovascular conditioning. Bring light-weight dumbbells and exercise mat to class. Sign up for any combination of days to fit your schedule. Instructor: Brenda Rogers, Certified Fitness Trainer. Sign up for the course or pay a drop-in fee of \$8 per class at the door.

Activity #350520A	\$35/Res; \$52/Non-Res
4/12-5/24 Mon 5:30-6:15 pm	Southside (Hill)
Activity #350520B	\$40/Res; \$60/Non-Res
4/14-6/2 Wed 5:30-6:15 pm	Southside (Hill)
Activity #450520A (5 weeks)	\$25/Res; \$37/Non-Res
8/24-9/21 Tue 5:30-6:15 pm	Southside (Hill)
Activity #450520B (5 weeks)	\$25/Res; \$37/Non-Res
8/24-9/23 Thu 5:30-6:15 pm	Southside (Hill)

BASIC TAI CHI (Adults)

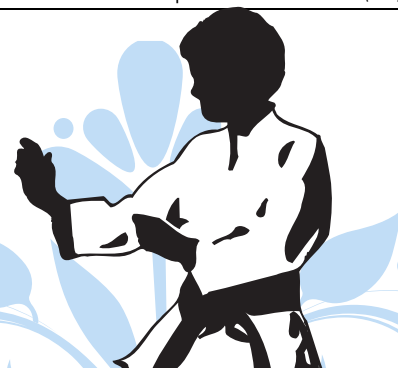
Tai Chi is a very easy-to-follow exercise that gently works your muscles using motion and breathing techniques from a standing or seated position. Ideal for people of all activity levels, tai chi helps to improve flexibility and balance and will also help with relaxation. Recent studies have shown that tai chi is great for fall prevention! During each class we will learn additional steps of a Sun-style tai chi form and a qi gong exercise for our warm-up routine. Please wear comfortable clothing and shoes. Instructor: Cathy Stewart. 8 sessions.

Activity #316531A	\$48/Res; \$72/Non-Res
4/19-6/14 Mon 5:30-6:30 pm	Southside (Hill)

ADVANCED TAI CHI (Adults)

Students in the advanced Tai Chi class will learn additional steps of the Sun-style Tai Chi short form until all 31 steps have been completed. We will continue to do our qi gong exercise, Eight Pieces Brocade, as a part of our warm-up routine. Remember to wear comfortable clothing and shoes. Instructor: Cathy Stewart. 8 sessions. No class 5/31.

Activity #316532A	\$48/Res; \$72/Non-Res
4/19-6/14 Mon 6:45-7:45 pm	Southside (Hill)





SPORTS, FITNESS AND WELLNESS

INTEGRAL YOGA (Adults)

Integral Yoga is a class with the whole package. Strengthen your body, your eyes, your vocal cords, your lungs, and your mind. Come off of a stressful day in the office and leave feeling more peaceful than ever. This class is for everyone! Adults of all ages and fitness levels are welcome. Must bring your own yoga mat. Instructor: Maryann Concannon.

Mini-Session

Activity #316542A (6 classes) \$24/Res; \$36/Non-Res
5/5-6/9 Wed 5:30-6:30 pm Southside (Hill)

Activity# 416542A (8 classes) \$32/Res; \$48/Non-Res
6/23-8/11 Wed 5:30-6:30 pm Southside (Hill)



YOGA-PILATES (Adults)

Want the stress release and movement of yoga with a different twist? Yoga Pilates uses body position and alignment to focus the muscles and benefit both body and soul. Focus on your core with Pilates, focus on your whole body and mind with yoga. Get lean and mean and strong and peaceful all in one hour! Must bring your own yoga mat. Instructor: Maryann Concannon.

Mini-Session

Activity #316543A (6 classes) \$24/Res; \$36/Non-Res
5/5-6/9 Wed 6:45-7:45 pm Southside (Hill)

Activity #416543A (8 classes) \$32/Res; \$36/Non-Res
6/23-8/11 Wed 6:45-7:45 pm Southside (Hill)

NIA DANCE (Adults)

Using physical activity to bring together the mind and the body, this cardio program uses whole body and expressive movements to achieve fitness and wellness. Instructor: Corean Gray. 7 sessions.

Activity #314090A \$42/Res; \$63/Non-Res
4/10-5/22 Sat 3-4 pm Letts

NIA DANCE WORKOUT (Adults)

Join this popular non-impact, mind and body fitness class. NIA integrates movements from dance and healing arts that turns the conventional workout into a full mind and body experience. You can enjoy NIA regardless of your fitness level. Stimulating and exciting music along with creative movements and specific areas of focus will inspire you to thrive! Sign up for both days to receive a discount! Instructor: Trudie Wilson. 8 sessions/1day/week or 16 sessions/2 day/week.

Activity #350300A \$48/Res; \$72/Non-Res
4/13-6/1 Tue 6-7 pm Southside (Hill)

Activity #350300B \$48/Res; \$72/Non-Res
4/15-6/3 Thu 6-7 pm Southside (Hill)

Activity #350300C \$60/Res; \$90/Non-Res
4/13-6/3 Tue/Thu 6-7 pm Southside (Hill)

Activity #450300A \$48/Res; \$72/Non-Res
6/22-8/10 Tue 6-7 pm Southside (Hill)

Activity #450300B \$48/Res; \$72/Non-Res
6/24-8/12 Thu 6-7 pm Southside (Hill)

Activity #450300C \$60/Res; \$90/Non-Res
6/22-8/12 Tue/Thu 6-7 pm Southside (Hill)



ZUMBA - FREE DEMO CLASSES!

Find out what Zumba is all about! Try it out at a free demo class! Demos will be held Saturday April 10th, 9:30 a.m. and Thursday, June 17th, 6 p.m. at the Southside Community Center, 5825 Wise Rd. in Lansing. Call 483-6686 if you have questions.



NEW! ZUMBA (Adults)

ZUMBA is a dance inspired fitness class set to Latin and International music! The routines feature easy to follow steps and interval training, combining fast and slow rhythms that tone and sculpt the body. Dance to a variety of rhythms including: Salsa, Merengue, Reggaeton, Cumbia, Hip-Hop, Belly Dance, Bhangra, Samba, Axé and many more! Burn up to 700 calories per hour! Ditch the Workout, Join the Party! Certified ZUMBA Instructor, Nicolle Broyles. 6 sessions.

Activity #316310D \$36/Res; \$54/Non-Res
\$10 drop-in option at the door

4/17-5/22 Sat 9:30-10:30 am Southside (Hill)

Activity #416310D \$36/Res; \$54/Non-Res

\$10 drop-in option at the door

6/24-7/29 Thu 6-7 pm Southside (Hill)

ZUMBA (Adults)

You will enjoy this rhythmic, high energy workout. While dancing, you will burn calories and fat, tone the body, and become more limber. Bring a towel and wear loose clothing. Certified Zumba Instructor: Susan Bracamonte. 7 sessions.

Activity #312613A \$35/Res; \$52/Non-Res
4/10-5/22 Sat 9-10 am Foster



ZUMBA (Adults)

ZUMBA combines high energy and motivating music with unique moves and combinations. ZUMBA is a fusion of Latin and International music and dance that create an effective fitness system that's FUN and EASY TO DO! Experience an absolute blast in one hour of caloric burning, heart racing, muscle pumping, and energizing movements meant to engage the entire body! Certified Basic and Level 2 ZUMBA Instructor, Stephanie Valavanis. No class 5/31 & 7/5.

Activity #316310A \$56/Res; \$84/Non-Res
4/12-6/7 Mon 5:30-6:30 pm Southside (Hill)

Activity #416310A \$56/Res; \$84/Non-Res
6/21-8/16 5:30-6:30 pm Southside (Hill)



LOW IMPACT DANCE AEROBICS (Adults)

A workout that takes the jumping and bouncing out of aerobics yet has the same cardiovascular benefits. Simple routines done to popular music will tone the arms, legs, and stomach. Please bring an exercise mat and athletic shoes to class. Instructor: Kristi Vartanian.

Activity #313230A (2 days/week) \$32/Res; \$48/Non-Res
4/12-6/3 Mon-Thu 9-10 am Gier

Activity #313230B (3 days/week) \$48/Res; \$72/Non-Res
4/12-6/3 Mon-Thu 9-10 am Gier

Activity #313230C (4 days/week) \$64/Res; \$96/Non-Res
4/12-6/3 Mon-Thu 9-10 am Gier

Activity #413230A (2 days/week) \$44/Res; \$66/Non-Res
6/14-8/26 Mon-Thu 9-10 am Gier

Activity #413230B (3 days/week) \$66/Res; \$99/Non-Res
6/14-8/26 Mon-Thu 9-10 am Gier

Activity #413230C (4 days/week) \$88/Res; \$132/Non-Res
6/14-8/26 Mon-Thu 9-10 am Gier

LOW IMPACT DANCE AEROBICS (Adults)

This workout takes the jumping and bouncing out of aerobics with the same cardiovascular benefits. Simple routines done to popular music will tone the arms, legs, and stomach. Instructor: Margaret Sickles. 15 classes. No class 5/31.

Activity #350500B \$30/Res; \$45/Non-Res
4/12-6/2 M&W 6-7 pm Mt. Hope

CARDIO CIRCUIT EXPLOSION (Adult)

This circuit training workout is high intensity and starts with a brief warm-up, continues with 40 minutes of cardio conditioning and strength training stations using stability balls, resistance tubing, medicine balls, step benches, your own body weight and much more. The class is designed to maximize the use of time and fit into a busy schedule. Certified instructor: Ann Kostin-McGill. At the door prices are \$2 for City of Lansing residents and \$3 for non-residents (pictured ID will be required)

Activity #313240A \$10/Res; \$20/Non-Res
4/13-5/6 Tue/Thu 5:45-6:45 pm Gier

Activity #313240B \$10/Res; \$20/Non-Res
5/11-6/3 Tue/Thu 5:45-6:45 pm Gier

Activity #413240A \$10/Res; \$20/Non-Res
6/8-7/1 Tue/Thu 5:45-6:45 pm Gier

Activity #413240B \$10/Res; \$20/Non-Res
7/6-7/29 Tue/Thu 5:45-6:45 pm Gier

Activity #413240C \$10/Res; \$20/Non-Res
8/3-8/26 Tue/Thu 5:45-6:45 pm Gier

Activity #413240D \$10/Res; \$20/Non-Res
8/31-9/23 Tue/Thu 5:45-6:45 pm Gier



SPORTS, FITNESS AND WELLNESS



PILATES: SCULPTING A NEW SELF! (Adults)

Centering self by taking control of your body, mind and spirit is a way of true living. Pilates is an art of breathing techniques, strengthening your stomach muscles, toning and aligning the body, and eliminating body fat. All this with no equipment! Bring a towel (mat opt.) and wear loose clothing. Certified Pilates Instructor: Susan Bracamonte. 7 sessions.

Activity #312612A \$35/Res; \$52/Non-Res
4/10-5/22 Sat 10:30-11:30 am Foster

CIRCUIT TRAINING ROOM AT FOSTER CENTER!

Foster has joined in on the circuit training craze sweeping the nation! We have developed a circuit that will work your whole body in an hour. Using a combination of stability balls, resistance bands, steps and jump ropes our circuit training room promises to give you a good work out. Cost is just \$1 to drop in. Instructions are clearly posted and music will cue you to move throughout the room. Call ahead for room availability.

WALKING FOR THE HEALTH OF IT (Ages 50+)

A low to moderate level health fitness class for older adults with warm-up stretches and the option of (1) walking for 30 minutes or (2) combining walking and 10 strength exercise stations. A cool down stretch will follow the walking portion of the session. Maps of outdoor walking courses will be provided for those preferring to walk outside. Advance registration required. Funded by Tri-County Office on Aging through Michigan Services to the Aging. Instructor: Jane Braatz. No class 5/28, 6/11.

4/5-9/3 Mon-Wed-Fri 8:45-9:45 am Foster Free

Tennis

TENNIS FOR TOTS AND YOUNG STARS

Tennis for Tots and Young Stars will introduce students to tennis through the QuickStart format. The QuickStart format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis court. 6 sessions. No class 4/10

Tennis for Tots (Ages 3-4)

Activity #213171D \$26/Res; \$35/Non-Res
3/6-4/17 Sat 11-11:30 am Court One North

Young Stars Tennis (Ages 5-7)

Activity #213172D \$26/Res; \$35/Non-Res
3/6-4/17 Sat 11:30 am-12 pm Court One North

LOCAL EXCELLENCE TRAINING (High School)

This program is designed for local high school students looking to better their game through match play, match strategy, drill sessions, and conditioning. Students should have had previous experience in high school tennis or competitive play. Placement in this level will be determined on the first day of class by the instructor. The program is in cooperation with Court One Athletic Clubs and the Todd Martin Development Fund. Instructors: Court One Professionals. 8 sessions. No class 4/10.

Activity #213173B \$35/Res; \$55/Non-Res
3/20-5/15 Sat 12-2 pm Court One North



NATIONAL JUNIOR TENNIS & LEARNING (Ages 8-18)

The U.S. Tennis Association/National Junior Tennis & Learning of Lansing (NJTL) is a tennis development program. Focus is on development and competition of the beginner and intermediate player starting with the new Quick Start Tennis approach. The QuickStart format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis. The program is in cooperation with Court One Athletic Clubs and the Todd Martin Development Fund. Instructors: Court One. 8 sessions. No class 4/9, 4/10.

Activity #213174B (Ages 13-18) \$35/Res; \$55/Non-Res
3/20-5/15 Sat 12-1 pm Court One North

Activity #213174BB (Ages 13-18) \$35/Res; \$55/Non-Res
3/20-5/15 Sat 1-2 pm Court One North

Activity #213174D (Ages 8-12) \$35/Res; \$55/Non-Res
3/19-5/14 Fri 6-7 pm Court One North

Activity #213174DD (Ages 8-12) \$35/Res; \$55/Non-Res
3/19-5/14 Fri 7-8 pm Court One North

LOCAL EXCELLENCE TRAINING (High School)

This tennis program is designed for local high school students looking not only to better their game, but gain valuable leadership, team building, and problem solving skills. Leadership speakers will reinforce these skills along with field trips that may include The Kalamazoo Air Zoo, Detroit Science Center, Binder Park Zoo, The Global Village, and the Lansing Lugnuts at Oldsmobile Park. A trip to the Boys 16s and 18s National Tennis Tournament in Kalamazoo will be an additional highlight at the end of the summer. An end of year awards picnic along with a t-shirt for each participant round out the activities. This program is provided and staffed by Todd Martin Development Fund. Participants should have had previous experience in tennis instruction and competitive play. 4 week sessions. Level to be determined on first day of class by site director. No program 7/5-7/10. Program will meet at Eastern HS Courts June 16 and June 17. (First week of each session will start on Wednesday)

Activity #413173A \$35/Res; \$65/Non-Res
6/16-7/16 M-F 12-2 pm Lansing Catholic Central Courts

Activity # 413173B \$35/Res; \$65/Non-Res
7/21-8/13 M-F 12-2 pm Lansing Catholic Central Courts

NATIONAL JUNIOR TENNIS & LEARNING (Ages 8-18)

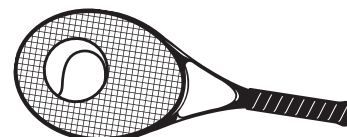
The U.S. Tennis Association/National Junior Tennis & Learning of Lansing (NJTL) is a tennis development program open to youth, ages 8-18. Instruction and practice matches will focus on development and competition of the beginner and intermediate player. The program also focuses on leadership, team building, and problem solving skills. Field trips and leadership speakers will reinforce these skills and will include field trips that may include The Kalamazoo Air Zoo, Detroit Science Center, Binder Park Zoo, The Global Village, and the Lansing Lugnuts at Oldsmobile Park. A trip to the Boys 16s and 18s National Tennis Tournament in Kalamazoo will be an additional highlight at the end of the summer. An end of year awards picnic along with a t-shirt for each participant round out the activities. This program is provided and staffed by Todd Martin Development Fund. 4 week sessions. No program 7/5-7/10. (First week of each session will start on Wednesday)

Session 1 Jun 16-Jul 16 M-F \$30/Res; \$60/Non-Res
(First week will start on Wednesday)

Activity #	Ages	Times	Locations
413174A	8-12	9-11 am	Letts Courts
413174B	13-18	12-2 pm	Letts Courts
413174C	8-12	9-11 am	Eastern HS Courts
413174D	13-18	12-2 pm	Eastern HS Courts
413174E	8-12	9-11 am	Wainwright Elementary
413174F	13-18	12-2 pm	Wainwright Elementary

Session 2 Jul 21 - Aug 13 \$30/Res; \$60/Non-Res
(First week will start on Wednesday)

Activity #	Ages	Times	Locations
413174AA	8-12	9-11 am	Letts Courts
413174BB	13-18	12-2 pm	Letts Courts
413174CC	8-12	9-11 am	Eastern Courts
413174DD	13-18	12-2 pm	Eastern Courts
413174EE	8-12	9-11 am	Wainwright Elementary
413174FF	13-18	12-2 pm	Wainwright Elementary





SPORTS, FITNESS AND WELLNESS

Lifetime Sports

The Lifetime Sports Office is dedicated to being Lansing's Sports Leader by organizing positive recreational sport opportunities for people of all ages that promote sportsmanship, fair play, a healthy lifestyle, positive adult role models and a safe environment.

2010 Spring/Summer/ Dates To Remember

March 15.....	Adult Spring Tennis Registration Begins
March 19.....	Youth Soccer Registration Ends
March 22.....	Youth Baseball/Softball & T-Ball Registration Begins
March 31.....	Soccer Officials meeting
April 1.....	Soccer Coaches meeting
April 9.....	Adult Spring Tennis Registration Deadline
April 14.....	Adult Softball Organizational Meeting
April 17.....	Soccer Season Starts
April 19.....	Adult Spring Tennis Season Starts
April 22 & 23.....	Youth Baseball/Softball Umpire Meeting
May 3.....	Adult Softball Season Starts
May 14.....	Youth Baseball/Softball & T-Ball Registration Deadline
May 22 & June 5.....	Youth Baseball/Softball Umpire Clinic (10 am @ Davis Park)
May 10.....	Adult Summer Tennis Registration
June 4.....	Summer Tennis Registration Deadline
June 14.....	Youth Baseball / Softball & T-Ball Seasons Start
June 21.....	Summer Tennis Season Starts
July 5.....	Flag Football & Fall Soccer Registration Begins

Meetings will be held at 6:30 pm & at Foster Community Center

Unless time and site was otherwise listed.

League Web Sites

For more information on any Lifetime Sports League, program entry forms, rosters, schedules, standings (where applicable), chat rooms, and more, simply visit one of the Sports Web Sites listed below:

YOUTH SOCCER – www.leaguelineup.com/lansingyouthsoccer
 ADULT SOFTBALL – www.leaguelineup.com/lansingsoftball
 MEN'S BASEBALL – www.leaguelineup.com/mensbaseball
 YOUTH WILDCAT
 BASEBALL/SOFTBALL – www.leaguelineup.com/lansingwildcat
 ADULT TENNIS LEAGUES – www.leaguelineup.com/lansingtennis
 YOUTH NFL FLAG FOOTBALL – www.leaguelineup.com/lansingnfflag

Bookmark these sites today!

SOCCER REFEREE MEETING

If you are interested in refereeing youth soccer this season come to this information meeting. These leagues are a great place to learn officiating skills. We will discuss our philosophy regarding youth soccer, field situations, pay schedules, and training of officials. Join our team, become a soccer official.

3/31 Wed 6:30 pm Foster Community Center

SPRING YOUTH SOCCER COACHES MEETING AT SOCCER ZONE

Coach, this is your opportunity to get information, have your questions answered and if you plan on coaching a team be sure to attend. We will have a coaches clinic for our volunteers directly after our meeting. If possible, shirts, rosters, and equipment will be available.

4/1 Thu 6 pm Soccer Zone

ADULT SOFTBALL ORGANIZATIONAL MEETING

Adult Spring Softball Coaches' meeting for men, women and co-ed softball teams. Coaches and players are welcome to attend this informational meeting for the upcoming season. Booklets with team entry forms, team rosters and local rules will be available along with tournament information.

4/14 Wed 6:30 pm Foster Community Center

YOUTH BASEBALL/SOFTBALL UMPIRES & SCOREKEEPERS NEEDED

Looking to make a bit of extra cash this summer? The Lansing Parks & Recreation Department is looking for excited, fun, and responsible teens and adults to umpire and score keep in the Youth Baseball and Softball programs. There will be a mandatory informational meeting on April 22 & 23 (6:30 p.m. at Foster Community Center) and on field training Saturday May 22 & June 5 (10:00 a.m. at Davis Park)



OUTDOOR PICKLE BALL COURTS

America's fastest growing sport for the Active Senior population. This sport is a blend of tennis and badminton played with a perforated plastic ball and wood or composite paddles. Two Outdoor courts have been put into the Ranney Tennis Courts. Grab a group and come out and play! To see what Pickle Ball is all about, visit www.pickleball.com and www.usapa.org





SPORTS, FITNESS AND WELLNESS



ACTIVITY NAME	AGES	ACTIVITY NUMBER	REGISTRATION DEADLINE	SEASON BEGINS	RESIDENT FEE	FEES NON RESIDENT FEE	TEAM ENTRY FEE	LOCATION(S)	DAY(S) OF THE WEEK	# OF GAMES / WEEKS
Youth Soccer	3 & 4 year olds (as of 4/24/10)	333830A (3yr old) 333830B (4yr old)	April 9th	April 24th	\$18	\$23	NA	Marshall Park	Saturdays	4 weeks
	5-10 year olds (as of 12/31/09)	332100A (5/6) 332200A (7/8) 332300A (9/10)	March 19th	April 17th	\$20 for 5 & 6 yr olds \$30 for 7-10 yr olds	\$25 for 5 & 6 yr olds \$35 for 7-10 yr olds	NA	Davis Park and Hope Soccer Complex	Tues/Wed/Thurs and Saturdays	8 games (approx 2 games per week)
Youth Baseball and Softball	7 - 14 year olds (as of 6/14/10)	Varies by Age	May 14th	June 14th	\$20 for 7&8 yrs & u10 softball \$30 for 9-14 yrs	\$25 for 7&8 yrs & u10 softball \$35 for 9-14 yrs	\$300 for u14 baseball and softball teams	Varies By League	Typical M/W OR T/Th Leagues Some Saturdays	8 - 12 Games by Age Division
	5 & 6 year olds (as of 6/14/10)	432900 A (M/W) 432900 B (T/Th)	May 14th	June 14th	\$20	\$25	NA	Marshall, Davis, Kendon Parks	M/W or T/Th Option	10 (includes 2 practices)
Youth Sports Camps	7 - 14 year olds (as of 6/14/10)	On Site Registration	June 19th	June 19th 12:00 - 2:00 pm	FREE	FREE	NA	Ranney Park	Saturday	One Time Event
	Grades 3 - 9	432150A	July 9	July 12-16	\$50	\$55	NA	South Side Community Center	Mon - Fri	1 Week 8:30am - 2:30pm Lunch not provided
Adult Leagues	9 - 14 year olds	414100 A	July 19th	July 26 - 29	\$65	\$70	NA	Frances Park	Mon - Thurs	1 Week 12:00pm - 2:30pm
	Leagues for 18+, 30+, 40+	League Entry	Varies By League	May 10th (40+) May 25th (WB) July 12 (30+)	NA	NA	\$1080 (WB) \$864 (30+) \$648 (40+)	Kircher / Municipal	Sun - Thurs	18-20 (WB) 16 (30+) 12 (40+)
	Leagues for 50+, 60+, 70+	League Entry	See Entry Form	May 4th	\$10 per player	\$15 per player	\$125	Gier & Westside Parks	Tues/Wed	12 Games
	Men, Women & Coed (ages 16 & up)	League Entry	See Entry Form	May 4th	\$15 per player	\$30 per player	\$226, \$246, \$308, \$375 varies by league	Gier, Davis & Westside Parks	Leagues Mon - Thursday	12, 16 & 20 Game Leagues
Adult Tennis Leagues	Leagues for Adults 18 +	League Entry	April 9th	April 19th	\$10	\$15	NA	Ranney, Letts or Clifford Courts	Mon or Thurs Leagues	Based Upon Registrations
	Leagues for Adults 18 +	League Entry	June 10th	June 21st	\$10	\$15	NA	Ranney, Letts or Clifford Courts	Mon or Thurs Leagues	Based Upon Registrations
	Leagues for Adults 18 +	League Entry	July 30th	August 9th	\$20	\$25	NA	Ranney, Letts or Clifford Courts	Mon or Thurs Leagues	Based Upon Registrations
Kick ball	Ages 16+	League Entry	July 30th	August 10th	NA	NA	\$100	Westside Park	Tuesdays	6 games
Fall Sports	3 & 4 year olds (as of 9/11/10)	433830A (3yr old) 433830B (4yr old)	Sep. 3rd	Sep. 11th	\$18	\$23	NA	Marshall Park	Saturdays	4 weeks
	5 - 10 year olds (as of 12/31/10)	132100A (5/6) 132200A (7/8) 132300A (9/10)	Aug. 20th	Sep. 18th	\$24 for 5 & 6 yrs \$34 for 7 - 10 yrs	\$24 for 5 & 6 yrs \$39 for 7 - 10 yrs	NA	Davis Park	Tues/Wed/Thurs and Saturdays	8 games (approx 2 games per week)
	Grades K - 5	132250A (K/1) 132251A (2/3) 132252A (4/5)	Sep. 3rd	Sep. 25th	\$30	\$35	NA	Gier and Sycamore Park	Tues/Wed/Thurs and Saturdays	6 games



SPORTS, FITNESS AND WELLNESS

Martial Arts

KARATE (Ages 5-Adult)

A family activity or study opportunity for any individual; taught on an individual basis to build self-confidence and teach stress management, composure and self defense through the art of Sanchin-Ryu. Instructor: Sanchin Systems. 10 sessions. No class 5/31 & 9/6.

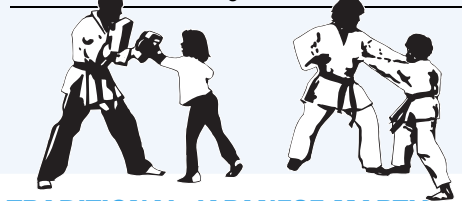
JR. KARATE (Ages 5-13)

Activity #316775A		\$20/Res; \$25/Non-Res	
4/12-6/21	Mon 6-7 pm	Southside (Hill)	
Activity #312775A		\$20/Res; \$25/Non-Res	
4/13-6/15	Tue 6-7 pm	Foster	
Activity #313113A		\$20/Res; \$25/Non-Res	
4/14-6/16	Wed 6-7 pm	Gier	
Activity #314110D		\$20/Res; \$25/Non-Res	
4/8-6/10	Thu 6-7 pm	Letts	
Activity #416775A		\$20/Res; \$25/Non-Res	
7/12-9/20	Mon 6-7 pm	Southside (Hill)	
Activity #412775A		\$20/Res; \$25/Non-Res	
7/13-9/14	Tue 6-7 pm	Foster	
Activity #413113A		\$20/Res; \$25/Non-Res	
7/14-9/15	Wed 6-7 pm	Gier	
Activity #414110D		\$20/Res; \$25/Non-Res	
7/8-9/9	Thu 6-7 pm	Letts	

KARATE FOR THE FAMILY (All Ages - 5 & under must be accompanied by a parent/guardian)

Activity #316776A	\$70/Res Fam; \$75/Non-Res Fam	
4/12-6/21	Mon 7-8:45 pm	Southside (Hill)
Activity #312776A	\$70/Res Fam; \$75/Non-Res Fam	
4/13-6/15	Tue 7-8:45 pm	Foster
Activity #314110A	\$70/Res Fam; \$75/Non-Res Fam	
4/8-6/10	Thu 7-8:45 pm	Letts
Activity #416776A	\$70/Res Fam; \$75/Non-Res Fam	
7/12-9/20	Mon 7-8:45 pm	Southside (Hill)
Activity #412776A	\$70/Res Fam; \$75/Non-Res Fam	
7/13-9/14	Tue 7-8:45 pm	Foster
Activity #414110A	\$70/Res Fam; \$75/Non-Res Fam	
7/8-9/9	Thu 7-8:45 pm	Letts

INDIVIDUAL KARATE (Ages 3-Adult)

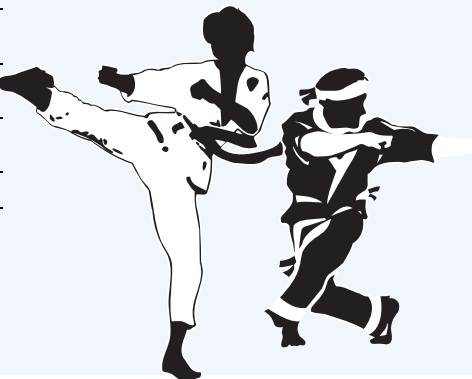


TRADITIONAL JAPANESE MARTIAL ARTS- HAKUHO RYU AIKIBUDO (Adults)

The Hakuho Ryu curriculum is a form of classical defense and fitness for both men and women which relies on position and gravity rather than muscular strength. Through movement drills, technique training, and meditation participants learn to become more aware of their bodies internally as well as externally. In this course you will learn a whole new way to move your body including how to walk. Instructors: Rodney and Mitsuko Uhler, Shihan. 6 sessions.

Activity #316780C	\$40/Res; \$60/Non-Res	
4/17-5/22	Sat 9-10:30 am	Southside (Hill)

Activity #316777A (Ages 5-17)	\$35/Res; \$40/Non-Res	
4/12-6/21	Mon 7-8:45 pm	Southside (Hill)
Activity #316777B (Adults)	\$35/Res; \$53/Non-Res	
4/12-6/21	Mon 7-8:45 pm	Southside (Hill)
Activity #312777A (Ages 5-17)	\$35/Res; \$40/Non-Res	
4/13-6/15	Tue 7-8:45 pm	Foster
Activity #312777B (Adult)	\$35/Res; \$53/Non-Res	
4/13-6/15	Tue 7-8:45 pm	Foster
Activity #314110C (Ages 3-17)	\$35/Res; \$40/Non-Res	
4/8-6/10	Thu 7-8:45 pm	Letts
Activity #314110B (Adult)	\$35/Res; \$53/Non-Res	
4/8-6/10	Thu 7-8:45 pm	Letts
Activity #416777A (Ages 5-17)	\$35/Res; \$40/Non-Res	
7/12-9/20	Mon 7-8:45 pm	Southside (Hill)
Activity #416777B (Adults)	\$35/Res; \$53/Non-Res	
7/12-9/20	Mon 7-8:45 pm	Southside (Hill)
Activity #412777A (Ages 5-17)	\$35/Res; \$40/Non-Res	
7/13-9/14	Tue 7-8:45 pm	Foster
Activity #412777B (Adult)	\$35/Res; \$53/Non-Res	
7/13-9/14	Tue 7-8:45 pm	Foster
Activity #414110C (Ages 3-17)	\$35/Res; \$40/Non-Res	
7/8-9/9	Thu 7-8:45 pm	Letts
Activity #414110B (Adult)	\$35/Res; \$53/Non-Res	
7/8-9/9	Thu 7-8:45 pm	Letts



CLASSICAL JAPANESE SWORDSMANSHIP (Adults)

Onoha Itto Ryu Kenjutsu is one of the oldest surviving sword schools in Japan. Participants will learn to make subtle and precise movements with a wooden sword making the sword an extension of one's own body. The study of sword is essential to any martial artist interested in Japanese martial arts. Sword training is the essence of all other classical martial arts training. Students will need to purchase their own wooden sword - available from instructor. Contact rguhler@mac.com or 517-643-4010 for details. Instructors: Rodney Uhler, Menkyo and Mitsuko Uhler, Shihan. 6 sessions.

Activity #316781A	\$40/Res; \$60/Non-Res	
4/17-5/22	Sat 10:30 am-12:30 pm	Southside (Hill)



TAEKWONDO (Ages 7-17)

Enjoy the benefits of the Korean form of martial arts and traditional values. Learn basic blocking, kicking, and punching techniques along with appropriate forms and the responsibilities that apply to these techniques. Organization membership and uniforms are optional but not included in class fee. Instructor: Sr. Master, Sidney Singer. 10 sessions. No class 4/29, 5/27, 6/24, 7/29, 8/26, 9/30. ** 50% discount on fees for each additional immediate family member (sibling) **

Beginning & white belt students

Activity #312779A	\$25/Res; \$30/Non-Res	
4/12-5/17	Mon/Thu 6:45-7:45 pm	Foster

Advance students (yellow belt thru black belt)

Activity #312779B	\$50/Res; \$55/Non-Res	
4/12-5/17	Mon/Thu 6:45-8:45 pm	Foster

Beginning & white belt students

Activity #312779C	\$25/Res; \$30/Non-Res	
5/20-6/29	Tue/Thu 6:45-7:45 pm	Foster

Advance students (yellow belt thru black belt)

Activity #312779D	\$50/Res; \$55/Non-Res	
5/20-6/29	Tue/Thu 6:45-8:45 pm	Foster

Beginning & white belt students

Activity #412779A	\$25/Res; \$30/Non-Res	
7/1-8/5	Tue/Thu 6:45-7:45 pm	Foster

Advance students (yellow belt thru black belt)

Activity #412779B	\$50/Res; \$55/Non-Res	
7/1-8/5	Tue/Thu 6:45-8:45 pm	Foster

Beginning & white belt students

Activity #412779C	\$25/Res; \$30/Non-Res	
8/10-9/14	Tue/Thu 6:45-7:45 pm	Foster

Advance students (yellow belt thru black belt)

Activity #412779D	\$50/Res; \$55/Non-Res	
8/10-9/14	Tue/Thu 6:45-8:45 pm	Foster

Beginning & white belt students (4 weeks)

Activity #412779E	\$12/Res; \$17/Non-Res	
9/16-9/27	Mon/Thu 6:45-7:45 pm	Foster

Advance students (yellow belt thru black belt) 4 weeks)

Activity #412779F	\$24/Res; \$39/Non-Res	
9/16-9/27	Mon/Thu 6:45-8:45 pm	Foster

BASIC TAI CHI (ADULTS)
ADVANCED TAI CHI (ADULTS)
see page 23 for details!



GOLF COURSES



First Tee Program

Learn to play the lifelong game of golf through The First Tee of Mid-Michigan. Learn fundamentals in technique, etiquette and the rules of golf along with valuable Life Skills applicable to daily living. Great teacher/student ratio! Four spring clinics and two five week summer sessions; the clinics will be 90 minutes and the summer sessions will consist of 90 minutes for ages 7-9 and two hours for ages 10-17 with additional times scheduled at Groesbeck Golf Course. Clinic cost is \$5 per clinic; five week summer session is \$50. Golf clubs and balls included. Classes are limited to 24 students.

Open House



Sycamore Learning Center
1526 E. Mt. Hope Road
Saturday, May 8
11:30 a.m. to 1:30 p.m.

Groesbeck Golf Course

1600 Ormond
483-4333

Groesbeck Golf Course has been a local favorite since it opened in 1926 and has been recognized as one of the Top Ten Municipal courses in the State of Michigan. Reservations are accepted daily at Groesbeck Golf Course at 483-4333. Groesbeck is available for golf outings and leagues. For information on outings and leagues, please contact the Golf Operations staff at 483-4232.

Again this season, Groesbeck Golf Course is excited about offering full service food and beverage service provided by the owners of Art's Bar & Grill. Beer and wine as well as various new food items are now available at the course. We offer full service golf outing opportunities for any size groups. Call the Golf Operations Office at 483-4232 for more information.

Spring Clinics (Ages 7-17)

Sycamore Learning Center
 1526 E. Mt. Hope Road
 April 17, April 24, May 1, May 8
 12 p.m. to 1:30 p.m.

Summer Sessions

SESSION I:

Starting June 14th and ending July 16th

SYCAMORE LEARNING CENTER

Ages 7-9

#01A Monday 6-7:30 pm
 #02A Tuesday 9-10:30 am

Ages 10-17

#03A Tuesday 9-11 am
 #04A Wednesday 6-8 pm

FOREST AKERS GOLF COURSE

Ages 7-9

#05A Tuesday 12-1:30 pm

Ages 10-17

#06A Tuesday 2-4 pm

ROYAL SCOT GOLF COURSE

Ages 7-9

#07A Monday 9-10:30 am

Ages 10-17

#08A Monday 11 am-1 pm

SESSION II

Starting July 19th and ending August 20th

SYCAMORE LEARNING CENTER

Ages 7-9

#01B Monday 6-7:30 pm
 #02B Tuesday 9-10:30 am

Ages 10-17

#03B Tuesday 9-11 am
 #04B Wednesday 6-8 pm

FOREST AKERS GOLF COURSE

Ages 7-9

#05B Tuesday 12-1:30 pm

Ages 10-17

#06B Tuesday 2-4 pm

ROYAL SCOT GOLF COURSE

Ages 7-9

#07B Monday 9-10:30 am

Ages 10-17

#08B Monday 11 am-1 pm

Early registration begins April 1st. Visit www.thefirstteemidmichigan.org for more information. Payments by check or money order only.



YOUTH AFTER SCHOOL RECREATION

AFTER SCHOOL PROGRAM (Grades K-5)

Foster Center has a variety of clubs, from mentoring to crafts, from our game room to our gym. Come to Foster and make new friends, learn new skills and have fun! Snack will be served daily, provided by the Lansing School District meal service program. After school bussing is available from Bingham, Fairview, Post Oak, Forest View and Mt Hope Schools, call Foster at 483-4233 for more details.

4/12-6/3	Mon-Thu	3:30-6 pm	Foster	Free
----------	---------	-----------	--------	------

AFTER SCHOOL PROGRAMS (K-5)

Letts Center is the place to be after school to make new friends, learn new skills and have fun while learning new games and making awesome crafts!

4/12-6/3	Mon-Thu	3:30-5:30 pm	Letts	Free
----------	---------	--------------	-------	------

YOUTH OPEN RECREATION (Ages 6-17)

Supervised, structured activities in the gym and/or game room, ongoing through the school year. Special events may take precedence on specific dates.

4/12-6/3	Mon-Thu	3-5:30 pm	Gier	Free
4/3-5/22	Sat	12-3 pm	Foster	Free
4/3-5/22	Sat	1-4 pm	Letts	Free
4/12-6/3	Mon-Thu	3:30-5:30 pm	Southside	Free
4/3-5/22	Sat	12-5 pm	Southside	Free

TEEN NIGHT (Ages 13-17)

Stop in for a pick up game of basketball or pool. Must have current school ID and information sheet filled out to participate. No outside equipment allowed.

4/12-6/2	Mon & Wed	6:30-8:30 pm	Foster	Free
6/15-8/5	Mon-Wed	6:30-8:30 pm	Foster	Free

TEEN NIGHT OUT (Ages 13-17)

Stop in for a pick up game of 3 on 3 basketball or pool. Our game room has plenty to keep you busy; pool, air hockey, foos ball and gockey! We also have board games. And yes, the music is always on. Check for special nights when we will be have great eats! Must have current school ID and information sheet filled out to participate. No outside equipment allowed.

4/5-5/19	Mon & Wed	6:30-8:30 pm	Letts	Free
4/12-6/3	Tue/Wed/Thu	5:30-7:30 pm	Southside	Free
4/3-5/22	Sat	12-4:30 pm	Southside	Free

YOUTH & TEEN DROP-IN PROGRAMS (Ages 6-17)

Join us for after school recreation for game room and gym activities. Other activities to include swimming and tennis will be scheduled. Parents must accompany the first visit and fill out an information sheet and a permission slip. All activities are staff supervised.

4/12-6/3	Mon-Thu	3:30-5:30 pm	Southside	Free
4/3-5/22	Sat	12-4:30 pm	Southside	Free



ADULT RECREATION AND DROP-IN

CO-ED SAND VOLLEYBALL LEAGUE (Adults)

Enjoy 6 on 6 volleyball, eight league matches (depending on the number of teams registered) plus a League Tournament. Players must be 16 years old prior to 6/1/10. Rainout games will be played on Thursday evenings. Team registration deadline is: Monday, June 7.

Activity #413980A	\$70/Team
6/15-8/10 Tue 6 & 7 pm	Gier

CO-ED VOLLEYBALL (Adults)

Open time for adults to play recreational volleyball. Pick-up games only--no teams or children. Special events take priority--please call ahead. Limit of 18 people. 1 court available.

4/6-6/8 Tue 7:15-8:45 pm	Foster \$2/at the door
--------------------------	------------------------

MEN'S OPEN BASKETBALL (Adults)

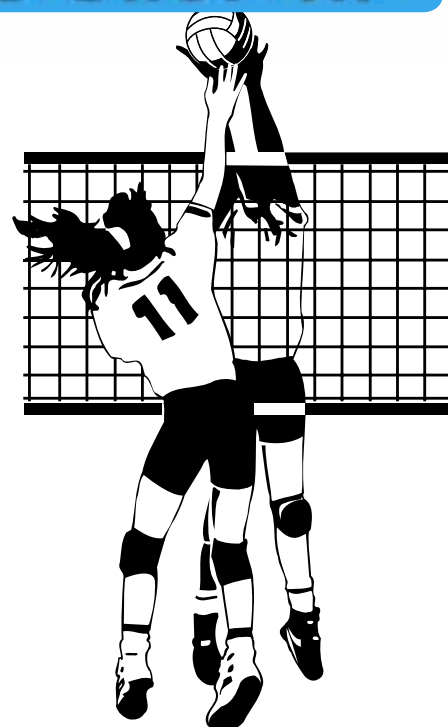
Open time for adults to play recreational basketball. Pick-up games only--no teams or children. Special events take priority--please call ahead.

4/5-5/21 M/W/F 12-1:30 pm	Letts \$3/at the door
---------------------------	-----------------------

SOUTHSIDE CENTER ADULT DROP-IN PROGRAMS

Enjoy our game room or drop-in for pick-up hoops and/or volleyball. Pick-up games only--no teams. Volleyball net will be set up based on participation. Special events will take priority so please call ahead to confirm. Cost is \$2 at the door for basketball and volleyball; no charge for the game room. Photo ID is required. Please do not bring children; no spectators allowed. You must be ages 18 and up.

Basketball — Tue & Thu 7:30-9 pm
Volleyball — Wed 7:30-9 pm
Gameroom — Tue/Wed/Thu 7:30-9 pm





SENIOR GO-GETTERS

Programs for persons age 50 & over



Our program offers comprehensive and diverse services and activities for Lansing area adults over the age of 50. Included are health services, crafts, recreation and many special events. The program meets 10:00 a.m. – 2:00 p.m. Monday - Friday at Letts and Miller Rd. Centers. In addition, Miller Center offers evening programs, dances and events.

Tri-County Office on Aging nutritional meals are served at 12 noon,

Monday - Friday at Letts and Monday, Tuesday, Thursday, and Friday at 11:45 a.m. at Miller. A \$2.00 donation is requested for persons age 60 and older; a \$4.00 donation is requested for persons under age 60.

Transportation arrangements can be made through Spec-Tran by calling 394-6230. You'll receive a token for your return ride home if you order a meal.

PROGRAM LOCATIONS

Letts Community Center, 1220 W. Kalamazoo.....483-4311 • Miller Road Center, 6025 Curry Lane (off Miller).....394-5421



SENIOR GO-GETTERS

Are you an active senior looking to get out and have some fun? The "Senior Moment Program" at Gier Community Center, 2400 Hall Street in Lansing is the place to be. Come and enjoy the company of seniors, ages 50 and over, refreshments and nutritious treats. Activities include leisure recreation, billiards, cards, bingo, shuffle board, and pleasant conversation. For further information, please call Gier Community Center at 483-4313.

4/14	Wed	12-2 pm	Gier	Free
------	-----	---------	------	------

WEDNESDAY EVENINGS AT MILLER ROAD

Join us for an evening of fun, games and fellowship Wednesday's April through June from 6-9 p.m. The program is free; donations are accepted for refreshments.

DANCE THE NIGHT AWAY

Dance the night away the 1st Thursday of each month (4/8, 5/6, 6/3) at Miller Road from 7 to 10 p.m. The program is free; donations are accepted for refreshments.

WALKING FOR THE HEALTH OF IT (Ages 50+)

A low to moderate level health fitness class for older adults with warm-up stretches and the option of (1) walking for 30 minutes or (2) combining walking and 10 strength exercise stations. A cool down stretch will follow the walking portion of the session. Maps of outdoor walking courses will be provided for those preferring to walk outside. Advance registration required. Funded by Tri-County Office on Aging through Michigan Services to the Aging. Instructor: Jane Braatz. No class 5/28, 6/11.

4/5-9/3	Mon-Wed-Fri	8:45-9:45 am	Foster	Free
---------	-------------	--------------	--------	------

EASTER BASKET DECORATING

Bring your basket and decorate cookies and eggs for Easter. We will provide the cookies, frosting, eggs and coloring and basket decorations. Tri-County Office on Aging lunch will be served. Please call to reserve a lunch and let us know if you will be decorating with us. Registration deadline is 3/19. Lunch is included in the price.

3/26	Fri	10-12 pm	Letts	\$5
3/25	Thu	10-12 pm	Miller	\$5

HOT POCKETS POOL TOURNAMENT

All pool players are welcome and encouraged to join us for a great time. Check-in will be at 9:30 a.m. and the tournament will begin at 10 a.m. Refreshments will be provided. Tri-County Office on Aging lunch will be served. First, second and third place prizes will be awarded. Please call 483-4311 to register for the tournament and to reserve lunch. Registration deadline is April 13th at 2 p.m.

Activity #315561A				Free
4/16	Fri	10 am-2 pm	Miller	

MOTHER'S DAY CELEBRATION

This Mother's Day join us at the Letts Community Center for a day of fun, refreshments and entertainment. Lunch will be provided by Tri-County Office on Aging. Please call 483-4311 to register and reserve lunch. Cost of lunch is included.

Activity #315820A				\$5
5/6	Thu	10 am-1:30 pm	Miller & Letts	

FATHER'S DAY TALENT SHOW CELEBRATION

Fathers celebrate and share your talent with us. Prizes will be awarded for 1st, 2nd, 3rd talented fathers. Call Miller Road Center at 394-5421 or Letts Center at 483-4311 to reserve for your meal – which includes grilled hot dogs, baked beans, potatoes salad, punch and a special cake with ice cream. Lunch is included in price.

6/17	Thu	10 am- 1:30 pm	Miller & Letts	\$5
------	-----	----------------	----------------	-----

Special Events

THANKSGIVING IN JULY

Join us as we share in turkey, mashed potatoes and gravy, green beans, cranberry sauce, and sweet potato crisp. Please call 394-5421 before July 21st to reserve your meal.

7/29	Thu	10:30 am-1:30 pm	Miller	\$5
------	-----	------------------	--------	-----

SENIOR PICNIC

Everybody loves a picnic. We will cook out for you a menu of hotdogs, hamburgers, coleslaw, baked beans and desert. Our entertainment will make you want to get up and dance. Raffle prizes for the most creative sun glasses and most creative hat will be given. Activities available include horseshoes, cricket, and basketball and of course you can stroll through the rose garden. Lunch is included in the cost of the picnic.

Activity #415930A				\$5
8/19	Thu	11 am-2 pm	Frances Park Large Pavilion	

ICE CREAM SOCIAL & INVITATIONAL

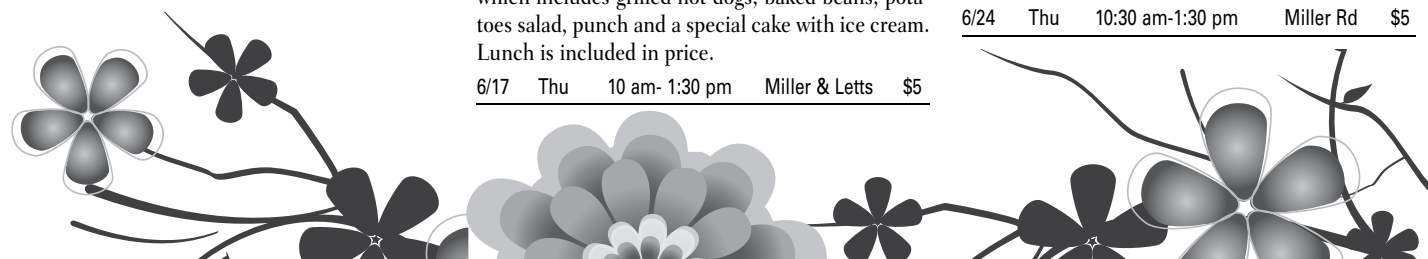
Enjoy ice cream sodas with your favorite toppings or a root beer float. Come and meet and greet seniors and join in the activities. We also welcome your ideas of programs you would like Miller Road Center to provide for seniors of the community. Tri-County Office on Aging lunch will be served.

8/25	Wed	10:30 am-1:30 pm	Miller
8/27	Fri	10:30 am-1:30 pm	Letts

A BLUE KIND OF DAY GREET AND MEET

Things will only get better for everyone who wears Blue, you will enjoy Blue ice cream and meet and make new friends. Wearing Blue is the Clue for this greet and meet day. Tri-County Office on Aging lunch will be served.

6/24	Thu	10:30 am-1:30 pm	Miller Rd	\$5
------	-----	------------------	-----------	-----





THERAPEUTIC RECREATION

BOWLING BANQUET

If you participated in the bowling program between September 2009 and April 2010, please join us at Foster Community Center to celebrate with an afternoon lunch, door prizes, trophies and other surprises. A flier will be available in early April.

4/27 Tue 2:30-4:45 pm Foster RM 213

BOWLING (Ages 12-Adult)

The 'strikers and spares' keep the heat on all year long.

Activity #441060A (Adult) \$12/Res; \$18/Non-Res
6/22-7/27 Tue 3-4:30 pm Holiday Lanes

Activity #441060B (Ages 12-17) \$12/Res; \$17/Non-Res
6/22-7/27 Tue 3-4:30 pm Holiday Lanes

CAMP S.T.T.A.R. (Social Teaching Through Activities and Recreation)

A summer day camp program that uses recreation and other supported activities to enhance children's social, emotional and cognitive skills. Does your child have difficulty interacting with people or being in groups? Does your child find it difficult to communicate their needs effectively? Does your child need additional supports to participate in recreation and leisure activities? If so we have a dynamic program for youth ages 5-13. Camp STTAR is an inclusive program for youth with disabilities. The program is developed in joint cooperation between: Clinton-Eaton-Ingham Community Mental Health Authority (CEI CMHA), Mid-Michigan Autism Association, Lansing Parks & Recreation and the Oak Park YMCA. The team for this project is committed to developing and implementing a recreation program with qualified staff and an increased ratio of staff to youth. In addition to the required 30-hour camp staff training, staff will receive additional training from the CEI CMHA Autism Support Team (psychologist, occupational therapist, speech-language pathologist) in order to help meet the specific needs of your child. Parents will be required to meet with the Therapeutic Recreation Specialist who oversees inclusion and complete an additional form to help educate staff so they can better meet the needs of the individual youth. Early registration is important as space is limited in this pilot program. You can enroll your child at any Community Center. If you plan to use a neighborhood park we will work to provide support staff. We also have a camp for the 14-26 year old at SSCC. Step 1 call 483-4291 for appointment. Step 2 register.

CAMP S.T.T.A.R. (Social Teaching Through Activities and Recreation) (Ages 14-26)

Advance your creative edge through the arts with painting, carving, sketching, dance, drama and skits. Learn to play some card and board games, find the hidden treasure by Geo-Caching and test your physical skills with some balance, co-ordination, strength training and stretching or enjoy a dip in the pool.

Activity #441700A \$20/Res; \$30/Non-Res
7/12-7/15 Mon-Thu 1-4 pm Southside (Hill)

Activity #441700B \$20/Res; \$30/Non-Res
7/19-22 Mon-Thu 1-4 pm Southside (Hill)

Activity #441700C \$20/Res; \$30/Non-Res
7/26-29 Mon-Thu 1-4 pm Southside (Hill)

Activity #441700D \$20/Res; \$30/Non-Res
8/2-8/5 Mon-Thu 1-4 pm Southside (Hill)

Activity #441700E \$20/Res; \$30/Non-Res
8/9-8/12 Mon-Thu 1-4 pm Southside (Hill)

FISH CAMP (Ages 13-Adult)

Learn to bait the hook, cast, remove the fish from the hook safely and care for your rod and reel. This leisure activity requires quiet, peaceful time as you learn to fish the local lakes. You must have a valid fishing license which is available for purchase at Meijer.

Activity #441730A (Adults) \$10/Res; \$15/Non-Res
Activity #441730B (Ages 13-17)

6/21-6/24 Mon-Thu 9:30 am-12 pm Hawk Island Kestrel Shelter

FISH DAY (Teens/Adults)

Bring your gear, tackle box, sun-screen, hat and we are off to Sleepy Hollow for a day of fishing, lunch and relaxation. If you plan on keeping your fish you will need to bring a container to keep them in. Lunch will be provided. A bus is provided ONLY for the Sleepy Hollow Trip. Bus will depart from Foster at 9:15 am and return around 2:30 pm. Arrange transportation to take you to the other two sites. You must have a valid fishing license which is available for purchase at Meijer.

Activity #441735A \$10
6/25 Fri 9 am-2:30 pm Lake Lansing South

Activity #441735B \$7
7/16 Fri 9 am-2:30 pm Foster/Sleepy Hollow State Park

Activity #441735A \$7
8/13 Fri 9 am-2:30 pm Burchfield Park (Grovenberg Rd)

WHEELCHAIR SPORT CLINICS (All Ages)

Join us weekly or on a drop in basis. We will feature hand-cycling, wheelchair tennis and basketball. Learn about chair maintenance and care. Increase your maneuverability and develop some agility through training. Play a pick-up game in basketball or tennis. Try the Quick Start Tennis program for youth or beginners. Registration is required and space is limited. Weekly drop-in fee \$2.00 per person.

Wheelchair Tennis (All ages)

Activity #441160X (No program 7/5)
6/21-7/26 Mon 3:30-5 pm Southside (Hill)

WheelChair Basketball (All ages)

Activity #441090X (No program 7/7)
6/23-7/28 Wed 3:30-5 pm Southside (Hill)

Hand-cycling (All ages)

Activity #441040X (No program 7/1)
6/24-7/29 Thu 3:30-5 pm Southside (Hill)

KAYAKING

Sign-up for one or both of the water test dates before you launch in the lake; the water test is mandatory. Restrictions are used in order to ensure safety of staff and participants. You should be able to swim, float, roll and hold your breath. We will access your ability on these skills and work with you on entering and exiting the kayak. Weight is limited for safety reasons. If you have any questions please call the Therapeutic Recreation program supervisor at 483-4291 and ask for Joan.

Activity #441030A **Water Test** \$10/Res; \$15Non-Res
6/15 Tue 6:30-8:30 pm Southside (Hill)

Activity #441030B **Water Test** \$10/Res; \$15Non-Res
6/17 Thu 6:30-8:30 pm Southside (Hill)

Activity #441030C **Open Water** \$10/Res; \$15Non-Res
7/13 Tue 7-9 pm Burchfield Park (Grovenberg Rd)

Activity #441030D **Open Water** \$10/Res; \$15Non-Res
7/21 Wed 7-9 pm Burchfield Park (Grovenberg Rd)

KICKBALL CAMP (Ages 7-12)

Learn to roll, kick, run and throw in this fun game. This 45 minute activity is divided into practice/skill development and play time. Parents can buddy up with their child for more adventure on the field. 9-12 players per team; two team minimum. 3 sessions.

Activity #441045A (Ages 7-9) \$9
8/9-8/23 Mon 4:45-5:30 pm Marshall Park

Activity #441045B (Ages 10-12) \$9
8/9-8/23 Mon 5:30-6:15 pm Marshall Park

Activity #441045C (Ages 10-12) \$9
8/10-8/24 Tue 4:45-5:30 pm Marshall Park

Activity #441045D (Ages 7-9) \$9
8/10-8/24 Tue 5:30-6:15 pm Marshall Park



THERAPEUTIC RECREATION



ADAPTED AQUATICS

Adults w/MS, Fibromyalgia, Arthritis or other physical disabilities.

Practice deep breathing and complete exercises to improve and maintain range of motion. To improve balance and strength reserve 10-15 minutes for walking and noodle work. There are NO make-up dates. \$2.50 per session. (No class 4/6, 4/8, 5/31, 7/5 & 7/7) Physical Disabilities

Activity #341070A	\$20/Res; \$30/Non-Res
3/15-4/28 M/W	5:30-6:15 pm Beekman
Activity #341070C	\$20/Res; \$30/Non-Res
5/3-5/26 M/W	5-5:45 pm Beekman
Activity #441070A	\$20/Res; \$30/Non-Res
6/14-7/14 M/W	5-5:45 pm Beekman
Activity #441070C	\$20/Res; \$30/Non-Res
7/19-8/11 M/W	5-5:45 pm Beekman

KENTUCKY DERBY PARTY

Sip mint juleps, design a hat and vote for the favorite, pick your horse and race against each other on the track. This afternoon of fun will be full of 'horsing around.' Hats and other supplies will be provided.

Activity #341805X	Teens/Adults	\$10/Res; \$15/Non-Res
4/30	Fri	1-4 pm Gier

SUMMER PICNIC (All Ages)

Start the summer with an old fashioned picnic of fun, grilled burgers, hotdogs and lots summer goodies. Play Uno or other board games, dip your toes in the water or go swimming, learn bocce (lawn bowling) or stroll around the park.

Activity #441813X	\$7
6/29	Tue 10 am-2:30 pm Lake Lansing South

PLANETARIUM TOUR (Teens/Adults)

Meet up with the staff at the MSU Planetarium for a summer show of our galaxy and beyond. Sit back, look up and learn about the majestic skies overhead. After the sky show we will take a short walk to the MSU Dairy Store for ice cream. Drop-off is between 12:30-1:00 pm at the Planetarium / Pick-up is 3:45 pm at the Dairy Store on Farm Lane.

Activity #441515X	\$8
7/23	Fri 1-3:45 pm MSU Planetarium

OVERNIGHT CAMPING

Pack your bags for an overnight under the stars. Help put the tent up, get meals ready and build a campfire. Relax around the campfire in the evening with s'mores, stories and songs. Be sure to have ALL of your equipment, supplies, medications and other personal items. Staff will plan fun activities and bring games along for everyone. Dinner, snack and brunch will be provided.

Activity #441510C	\$10/Res; \$15/Non-Res
8/5-8/6	Thu-Fri 2-2 pm Foster/Sleepy Hollow

ICE CREAM SOCIAL

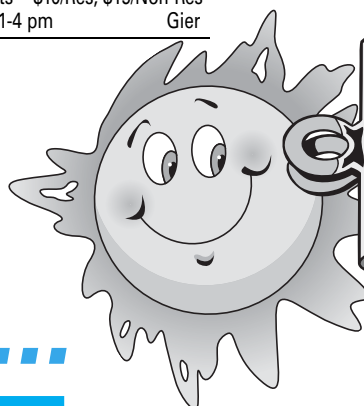
Stop by for a game of Uno, Backgammon, Chess, Cards, Bocce or other board games. This is a family friendly evening to enjoy ice cream, take a walk in the gardens, and enjoy the view from the overlook. Space is limited, please register early.

Activity #441810X	\$3
8/18	Wed 6:30-8 pm Frances Park Pavilion

Save Time...



Did you know you may now register online for most Parks and Recreation activities and programs? The process is easy and only takes a matter of minutes. You can register anytime, anywhere 24/7, 365 days a year with a few clicks of your mouse and a Visa, MasterCard or Discover. See page 39 for details.



Lansing Parks & Recreation Summer Job Interviews

Parks and Recreation will be holding interviews for upcoming summer jobs starting in April. The majority of positions are for those ages 18 and up. Please go to the City of Lansing website at www.lansingmi.gov and click on the Department of Human Resources for more detailed information. You will find dates, times and location for the interviews, positions available, and when and how to apply. If you have any questions, please call Regina Wilson or Kathy Woodman at (517) 483-4004.

Thank You For Your Support

PANERA BREAD (FRANDOR)

Thank you to our Sponsors:

Coca-Cola
Dick's Sporting Goods
DeLuca's Restaurant
Downtown Dog House
Hannah Community Center

Impression Five Science Center
NCG Cinema
Riverwalk Theatre
Potter Park Zoo
Valvoline Instant Oil Change





TURNER-DODGE HOUSE & HERITAGE CENTER

The Turner-Dodge House and Heritage Center is located at 100 E. North Street, Lansing, MI 48906. Call 517/483-4220 for information or visit our web-site at <http://lansingmi.gov/tddodge> Business Hours are Tuesday - Friday, 10 am-5 pm. (Turner-Dodge House is accessible to the first floor only.)

Visiting Hours

Tuesday – Friday
10 am – 5 pm

\$3.50 for adults
\$2.00 for children
\$5.00 for adult nonresidents



Summer Camps

DR. SEUSS CAMP (Ages 5-14)

Seuss is on the loose at Turner-Dodge. Campers will have fun learning about Dr. Seuss, hearing his treasured tales, playing Seuss games, and making crafts. Please bring a sack lunch each day. Call 517-483-4220 to make your child's reservation.

Activity #436913A	\$25/Res; \$30/Non-Res
6/14-6/16 M-W 10 am-2:30 pm	Turner

SCIENCE CAMP (Ages 5-14)

Did you know that Louis Pasteur was inventing cures in medicine in the Victorian Time Period that we still use today? Campers will learn about famous scientists and perform fun science experiments. Please bring a sack lunch. Call 517-483-4220 to make your child's reservation.

Activity #436913B	\$25/Res; \$30/Non-Res
6/21-6/23 M-W 10 am-2:30 pm	Turner

HISTORICAL SPORTS CAMP (Ages 5-14)

Baseball, soccer, basketball, and many other sports were all invented before 1900. Campers will learn the history of these fun sports and how to play the games as they were originally played. Please bring a sack lunch and clothing for outdoor play all three days. Call 517-483-4220 to make your child's reservation.

Activity #436913C	\$25/Res; \$30/Non-Res
6/28-6/30 M-W 10 am-2:30 pm	Turner

REVOLUTIONARY WAR CAMP (Ages 5-14)

Ever wonder why we celebrate our nation's birthday on the 4th of July? Discover how we became a nation and other fun facts about the American Revolution. Please bring a sack lunch. Call 517-483-4220 to make your child's reservation.

Activity #436913D	\$12
7/13 Tue 10 am-2:30 pm	Turner

CREATIVE ARTIST CAMP (Ages 5-14)

Painting, crafts, and lots of fun will be had in our Creative Artist Camp. Campers will learn how to make art like the great artists of long ago. Please bring a sack lunch. Call 517-483-4220 to make your child's reservation.

Activity #436913E	\$12
7/20 Tue 10 am-2:30 pm	Turner

HARRY POTTER CAMP (Ages 5-14)

Harry Potter Camp flies back this summer on Saturday, July 31st. Witches and Wizards will learn spells, potions, and Wizard's Checkers. Please bring a sack lunch. Call 517-483-4220 to make your child's reservation.

Activity #436913F	\$12
7/31 Sat 10 am-2:30 pm	Turner

CIVIL WAR CAMP (Ages 5-14)

Celebrate our 3rd annual Civil War Camp. Each year campers explore a different aspect of the Civil War. This year's theme is the Battle of Antietam. Please bring a sack lunch. Call 517-483-4220 to make your child's reservation.

Activity #436913G	\$12
8/3 Tue 10 am-2:30 pm	Turner

DOLL CAMP (Ages 5-14)

Doll camp returns this year with more history, new dolls, and a few fan favorites. Campers will design and create their own paper doll and outfits. While here, campers will also be able to view this year's expanded Doll Exhibit. Please bring a sack lunch. Call 517-483-4220 to make your child's reservation.

Activity #436913H	\$12
8/10 Tue 10 am-2:30 pm	Turner

MUSICAL CAMP (Ages 5-14)

Did you know that Abby and Eva Turner studied music in Germany! Learn music like the Turner children. Campers will learn basic musical knowledge, play instruments, as well as learn the history behind child friendly musicals of the 20th century. Please bring a sack lunch. Call 517-483-4220 to make your child's reservation.

Activity #436913I	\$12
8/17 Tue 10 am-2:30 pm	Turner

OLYMPICS CAMP (Ages 5-14)

Why wait another two years for the summer Olympics? Celebrate the age old Olympic sports at Turner-Dodge. Campers will learn the history of the Olympics, play games, and have a Turner-Dodge opening and closing ceremonies. Please bring a sack lunch and clothing for outdoor play. Call 517-483-4220 to make your child's reservation.

Activity #436913J	\$12
8/24 Tue 10 am-2:30 pm	Turner



TURNER-DODGE HOUSE & HERITAGE CENTER



RED HAT TEA

**Saturday, May 22 • 1 pm and 3 pm
(two seatings) \$8 per person**

Calling all Red Hat Ladies, enjoy a relaxing afternoon at the Turner-Dodge House with tranquil House Tea, delectable hors d'oeuvres, and fun entertainment. Guests are encouraged to bring their camera and tour the house afterwards. This year's Spring Exhibit will be "Spring Cleaning". Please call 517-483-4220 to make your reservation.



TOUR AND TEA

Red Hatters, Church Groups, Clubs, or Family Groups schedule a private tour and tea with us. Receive a guided tour and relax with our house tea and treats. Tour groups for groups of 10 or more. Tours may be scheduled year round. Fee: \$8 /guest

CHILDREN'S TEDDY BEAR TEA

**Saturday, May 15, 2010 • 3 pm
\$8 per person**

Children, Parents, Grandparents, and Friends come celebrate Turner-Dodge's 2nd annual Teddy Bear Tea. Guests will enjoy delicious tea and treats. Afterwards, family and friends will enjoy a Bear of a Story and make a keepsake. Please call 517-483-4220 to make your reservation.

CREATE YOUR OWN SCHEDULE (Daisies, Brownies and Juniors)

We also offer a Create Your Own Schedule for groups of eight or more. Please see our web-site at: <http://parks.cityoflansingmi.com/tdodge> for a complete list of all of the programs that we offer in our Create Your Own Schedule Programs. Please note that all Daisy programs are under the Create Your Own Schedule programs.

Girl Scout Programs (Brownies and Juniors)

Saturday, April 10	Math Fun	10 am
	Making Music	12 pm
Saturday, April 17	Dance	10 am
	Creative Solutions	12 pm
Saturday, April 24	Dancercise	10 am
	Colors and Shapes	12 pm
Saturday, May 1	Business-Wise	10 am
	Dance 1	2 pm
Saturday, May 8	Penny Power	10 am
	Building Art	12 pm
Saturday, May 15	Creative Solutions	10 am
	Music Fan	12 pm

CUB/BOY SCOUTS

New Programs: Cub/Boy Scout programs now offer the opportunities to earn scout Electives, Merit Badges, Belt loops and Pins, along with the traditional Achievements that we already offer. Merit Badges are taught by a certified Merit Badge Counselor. All Cub/Boy Scout programs may Create Their Own Schedule. Please visit our web-site at <http://parks.cityoflansingmi.com/tdodge> or by calling 517-483-4220.

FEES: All scout programs are \$4 per scout per program. One Leader and One Co-Leader are free. Other adults who wish to stay are \$2 per parent. Please call 517-483-4220 to make reservations.

VICTORIAN GARDEN TEA

**Saturday, June 26 • 1 pm and 3 pm
(two seatings) \$8 per person**

Have a grand time at the Turner-Dodge House this summer with the return of our Victorian Garden Tea. Weather permitting; guests will be seated on our grand front porch for tea, treats, and much more. Afterwards, guests will be able to tour the house and garden, pictures are welcome. This year's summer exhibit will be "More, Dolls, Dolls, Dolls". To reserve your spot, please call 517-483-4220.

CHILDREN'S BIRTHDAY PARTY

Tour the house, play old-fashioned party games, and make a party favor. Select from five themes: American Girl, Civil War, Princess Tea Party, Super Hero and Harry Potter. We will supply the punch, you bring the cake. Allow 1 1/2 hours. \$60 (maximum 12 people, including adults).

SCHOOL TOUR PROGRAMS

History is alive at Turner-Dodge. This school year, bring your students for our all new programs and a few of our old fan favorites. New to the Turner-Dodge house's school tour programs are the Chief Okemos Program, Architecture Program, Mystery Box Program, and for the Holidays a special Holiday Program. Fan favorites include: Candle making, Timeless Toys, and Washday Blues. Please call 517-483-4220 to reserve your class's trip.

RENT TURNER-DODGE FOR YOUR SPECIAL EVENT

The Turner-Dodge House is a beautiful location to rent for your special day. Whether it is a wedding, reception, bridal shower, baby shower, graduation open house, retirement party, office meeting/party, holiday event, reunion, birthday party, or other special event, we can accommodate your needs. Please call 517-483-4220 to find out more about our rental packages.

EXHIBITS

"SPRING CLEANING"

**Tuesday, April 13, 2010 through
Thursday, June 10, 2010**

Spring is in the air and that means time for new beginnings, fresh starts, and old time treasures. This spring, Turner-Dodge will explore the past world of cleaning and all those little things that have made life easier for those of us saddled with the task at hand. Turner-Dodge is accessible on the first floor and is open Tuesdays through Fridays 10 a.m. to 5 p.m. Visitor Fees are: \$3.50 for Lansing Residence / \$5 Non- Residence / \$2 per child

"MORE DOLLS, DOLLS, DOLLS"

**Tuesday, June 29, 2010 through
Friday, August 20, 2010**

The dolls return this summer at Turner-Dodge. This year they are bringing more of their friends and will be displayed on all three floors of the Turner-Dodge House. Learn the history, see the accessories, and of course discover all of the dolls. Turner-Dodge is accessible on the first floor and is open Tuesdays through Fridays 10 a.m. to 5 p.m. Visitor Fees are: \$3.50 for Lansing Residence / \$5 Non- Residence / \$2 per child



**City of Lansing
Waste Reduction Services
Spring Activity & Event Schedule**



Rain Barrel and Compost Bin Sale

Date: Saturday, April 10, 2010

Location: Dunham's Sporting Goods parking lot, 3301 E. Michigan, Lansing

Time: 9am - 3pm

Cost/Details:

Earth Machine compost bin: \$40.00/each - 80 gallon capacity, easy snap together construction, convenient harvest door, locking lid, fits any vehicle.

System Rain Barrel: \$50.00/each - 55 gallon capacity, mosquito screen locked into lid, spigot for easy retrieval of water, overflow hose.

FREE Document Destruction Day

Date: Saturday, April 17, 2010

Time: 8am-12pm

Location: Friedland Industries, Inc. 405 E. Maple St.

Destroy sensitive documents at this free, regional, residential use only recycling event.

Contact the Old Town Commercial Association office at 485-4283 for additional information.

FREE Earth Day Celebration

Date: April 22, 2010

Time: 10am - 2pm

Location: Lansing City Hall, 124 W. Michigan Ave.

Music, activities, refreshments, giveaways and more!

Master Composter Class

Date: April 27-May 25 (five Tuesdays)

Location: Fenner Nature Center, 2020 Mt. Hope, Lansing

Cost: \$20.00

To Register: Call Ingham County MSU Extension at 517/676-7207. Class size is limited to first 50 people who register.

Computer & Electronics Collection

Date: Saturday, May 1, 2010

Time: 8am - 12pm

Location: Lansing Recycling Transfer Station, 530 E. South St., (*Directions from S. Washington Ave: Turn East on South St., just North of the RR tracks. The Transfer Station is at the corner of South and Beech Streets*)

Fees: Visit www.lansingrecycles.com for a complete list of accepted items and fees

Contact Waste Reduction Services for more information:

483-4400 recycle@lansingmi.gov www.lansingrecycles.com



GENERAL INFORMATION



Frequently Called Numbers

Administrative Offices (124 W. Michigan, 8th Floor, City Hall))	
Phone	483-4277
Fax.....	483-6062
Cemeteries (Evergreen, Mt. Hope, North)	483-4303
Employment with Parks & Recreation:	
Full-Time (City Personnel Dept).....	483-4004
Part-Time (Parks & Recreation Dept)	483-4004
Forestry/City Street Trees.....	483-4202
Golf Course Operations	483-4232
Leisure Services Division	483-6019
Leisure Services Fax Line.....	377-0180
Parks Grounds Maintenance	483-4202
Rentals/Permits:	
Louis F. Adado/Riverfront Park.....	483-4276
Ballfield Practice Permits	483-4039
Ballfield/Soccerfield Rentals	483-4276
Picnic/Pavilion/Wedding Reservations.....	483-4277
Registration Fun-Lines:	
Foster Center.....	483-4233
Gier Center	483-4309
Letts Center	483-4305
Main Office	483-4277
Southside Community Center	483-6685
Riverboat Rentals	627-2154
Special Recreation Services.....	483-6019
Special Recreation Services Fax Line	377-0180
Sports - Adult & Youth	483-4039
Sports Recorded Message (Rain-out/Snow-out)	483-4255
Sports Fax Line.....	377-0180
Therapeutic Recreation.....	483-4291
TDD (For the hearing impaired)	483-4479
Washington Ice Rink.....	483-4232

Equal Opportunity

The City of Lansing provides services and employment on an equal opportunity basis without regard to religion, race, color, national origin, gender, sexual orientation, age, marital status, height, weight, arrest record or handicap. Any questions regarding this may be directed to the Human Relations and Community Services Department at 483-4477. The number for the communication system for the deaf and hearing impaired is 483-4479 (TDD).

Accessible Opportunities

Lansing Parks and Recreation accepts registrations from all people regardless of skills or abilities. Those individuals who may require accommodation or assistance are encouraged to call the program site or program coordinator two or three weeks before the start of the program. The staff in the department will contact you and make arrangements for reasonable accommodations. The City of Lansing encourages all citizens of our community, including those with disabilities, to participate in recreational programming. Any questions regarding this may be directed to the Therapeutic Recreation Specialist at 483-4291.

If you would like to receive this publication in the mail call the main Parks and Recreation Office at 483-4277 and ask to be added to our mailing list.

Parks & Recreation Facilities

Fenner Nature Center

2020 E. Mt. Hope
Lansing, MI 48910
483-4224 (Fax 377-0012)

Foster Community Center

200 N. Foster Street
Lansing, MI 48912
483-4233 (Fax 377-0179)

Gier Community Center

2400 Hall Street
Lansing, MI 48906
483-4313 (Fax 377-0075)

Golf Course Office**

1600 Ormond Street
Lansing, MI 48906
483-4232 (Fax 377-0053)

Letts Community Center

1220 W. Kalamazoo
Lansing, MI 48915
483-4311 (Fax 377-0073)

Lifetime Sports

200 N. Foster Street
Lansing, MI 48912
483-4039 (Fax 377-0180)

Miller Road Center

6025 Curry Lane
Lansing, MI 48911
394-5421

Southside Community Center

5825 Wise Rd.
Lansing MI 48911
483-6685 (Fax 882-3457)

Special Rec. Services

200 N. Foster Street
Lansing, MI 48912
483-6019 (Fax 377-0180)

Turner-Dodge House

100 E. North Street
Lansing, MI 48906
483-4220 (Fax 483-6081)

Washington Park Ice Complex

2700 S. Washington Ave.
Lansing, MI 48910
483-4232 (Fax 377-0053)

** Groesbeck and Sycamore
Golf Courses

Additional facilities utilized for Parks and Recreation programs:

Mt. Hope Elementary School

1215 E. Mt. Hope, Lansing

Holiday Lanes

3101 E. Grand River, Lansing

Beekman Center

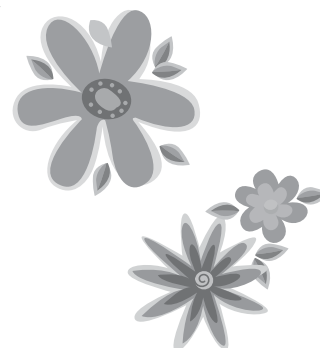
2901 Wabash, Lansing

Court One Ath. Club - North

1609 Lake Lansing, Lansing

MSU Tennis Arena

Mt. Hope

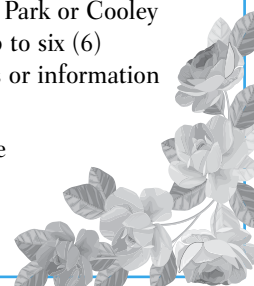


Rent A Pavilion/Wedding Site

Pavilions are available for rent at Frances, Moores and Washington Parks. Outdoor wedding sites are also available for rent at Frances Park or Cooley Gardens. Reservations are taken up to six (6) months in advance. For reservations or information call 483-4277.

Turner-Dodge House is also available for rentals and weddings.

Call 483-4220 for details.



Save this section for easy reference.



GENERAL INFORMATION

City of Lansing Information

ELECTED OFFICIALS

Virg Bernero, Mayor, City of Lansing
Chris Swope, City Clerk

CITY COUNCIL

A'Lynne Robinson, President, Third Ward Councilmember
Kathie Dunbar, Vice President, Councilmember at Large
Eric Hewitt, First Ward Councilmember
Tina Houghton, Second Ward Councilmember
Brian Jeffries, Councilmember at Large
Derrick Quinney, Councilmember at Large
Carol Wood, Councilmember at Large
Jessica Yorko, Fourth Ward Councilmember

DEPARTMENT OF PARKS AND RECREATION

ADMINISTRATIVE OFFICE

Department of Parks and Recreation
City Hall - 8th Floor
124 W. Michigan Ave.
Lansing, Michigan 48933
Phone: (517) 483-4277 Fax: (517) 483-6062
Open: Monday - Friday, 8:00 a.m. - 5:00 p.m.

ADMINISTRATIVE STAFF

Murdock Jemerson, Director
Paul Dykema, Manager of Forestry and Grounds
Brett Kaschinske, Manager of Leisure Services

PARK BOARD

Rick Kibbey, President
Darlene "Dusty" Fancher, Vice President
Ron Lott
Paul Carrier
Luke Canfora
Patrick Murray
Cynthia Ward

CITIZEN ADVISORY GROUPS

Foster Community Center Advisory Board
Foster Community Center Youth Advisory Board
Gier Community Center Advisory Board
Gier Community Center Youth Advisory Board
Letts Community Center Advisory Board
Letts Community Center Youth Advisory Board
Softball Advisory Board
Baseball Advisory Board
Scott Center Advisory Board
Friends of Cooley Gardens
Friends of Fenner Nature Center
Friends of Frances Park
Friends of Turner-Dodge House, Inc.
Friends of Greater Lansing Dog Parks
Friends of Durant Park
Friends of Bancroft Park
Friends of Comstock Park
Friends of Lansing Historic Cemeteries

Refund Policy

In the event of insufficient registration or other circumstances beyond our control, Lansing Parks and Recreation may cancel classes, programs or permits. In such cases you will receive a full refund. Our goal is to provide quality, enjoyable leisure opportunities to the public and we encourage your participation and feedback. We realize that extenuating circumstances sometimes occur that may affect your ability to attend a program after you have registered; contact us immediately if this occurs. Please allow 3-4 weeks for processing refunds. If payment was made by check, please allow 6 weeks for processing.

ONE DAY ACTIVITIES

Up to one week prior to activity, full refund less \$5.00 service charge.

CLASSES/PROGRAMS

Up to one week prior to class/program, full refund less \$5.00 service charge. Less than one week prior to first class or program, but before second class/program, one half refund less \$5.00 service charge. After second class, no refunds.

PAVILIONS – WEDDING SITES

30 days prior to use, full refund, less \$10.00 service charge. Within 30 days to use, no refunds unless reserved and paid for by another group. No refunds because of inclement weather!

LIFETIME SPORTS PROGRAMS

Team fees: Prior to league schedule mailing, full refund less \$5.00 service charge. After mailing - before first game, one half refund less \$5.00 service charge; after first game, no refunds.

Individual fees: Prior to league schedule mailing, full refund less \$5.00 service charge. After first game, no refunds. No refund of improvement fees for softball!

ATHLETIC FIELD RENTAL PERMITS

28 days prior to use, full refund less \$5.00 service charge. After 28 days - before 14 calendar days, one half refund less \$5.00 service charge. Less than 14 days, no refund. No refunds of Athletic Field Practice.

Scholarships Are Available For City of Lansing Youth

Lansing residents under the age of 18 who meet Federal HUD low income guidelines for the Lansing area are eligible for partial scholarships for Parks and Recreation sponsored programs. Applicants will be asked to show proof of income. Scholarships do not cover team fees, supply costs, out of town trips, one day activities or activities not sponsored by the Parks and Recreation Department. A small co-payment is required at the time of application. Visit any community center or the main Parks and Recreation office for information and applications. Call 483-4277 for more information.





LANSING PARKS AND RECREATION



5 Easy Ways To Register



1. ON-LINE REGISTRATION AT

www.lansingmi.gov/parks

- Available 24 hrs a day, 7 days a week

Please note that all fees must be paid at the time you register!

2. MAIL-IN REGISTRATION

- Complete Registration Form and include credit card #, 3 digit security code, expiration date and signature, or check or money order payable to Lansing Parks and Recreation
- Mail to the Main Office, or to any community center
- Registrations will be processed daily at 4 pm, beginning **March 15 for residents**

3. TELEPHONE REGISTRATION - Credit Card payments only!

- Call any Fun Line, Monday-Friday, 8:30 am - 4 pm
- TDD 483-4479 (for hearing impaired ONLY)
- Register the entire family with one call; you may also register up to one non-family member
- Payment must be made at time of registration, beginning **March 15 for residents**

4. REGISTRATION BY FAX - Credit Card payments only!

- FAX Registration Form below to Lansing Parks and Recreation Activity Registration, FAX # (517) 483-6062
- Processed daily at 4 pm, beginning **March 15 for residents**

5. WALK-IN REGISTRATION

- Accepted at the above locations beginning **March 15 for residents**
- Payment must accompany registration

March 15Early Registration for Lansing Residents

March 22Open registration for all

Payment must be made at the time of registration. No class or program openings will be held or saved for persons registering without payment! Registrations are taken on a first come, first serve basis. Please register early!

WHERE TO REGISTER

LANSING PARKS & RECREATION MAIN OFFICE

124 W. Michigan Ave, 8th Floor, City Hall
Lansing, MI 48933

Phone: 483-4277

FOSTER COMMUNITY CENTER

200 N. Foster Street, Lansing, MI 48912

Fun-Line: 483-4233

GIER COMMUNITY CENTER

2400 Hall Street, Lansing, MI 48906

Fun-Line: 483-4309

LETTS COMMUNITY CENTER

1220 W. Kalamazoo Street, Lansing, MI 48915

Fun-Line: 483-4305

SOUTHSIDE COMMUNITY CENTER

5825 Wise Rd., Lansing MI 48911

Fun-Line: 483-6686

REGISTRATION FORM

- ☐ If you need accommodations due to a disability, please check this box and register at least 2 weeks prior to start of class to allow for arrangements. Please use a separate registration form for each participant!

Participant's Name _____ **Age** _____ **Phone (home)** _____

Address _____ **City** _____ **Zip** _____

Date of Birth _____ / _____ / _____
Month Day Year

Sex: ☐ Male ☐ Female

T-Shirt Size (Please circle): Youth/Adult S M L XL XXL

Parent/Guardian Name _____

Address _____ **City** _____ **Zip** _____

Phone (home) _____ **(work)** _____ **Emergency contact:** _____ / _____

Name Phone #

Household E-mail Address (Adults only) _____

Activity #	Activity Title	Site	Day/Time	Fee

If paying by credit card, the following information must be provided:

Discover / Visa / Mastercard (circle one) _____ / _____ / _____
Expiration date 3 digit security code (on back of card) Signature _____

Fees must be paid at the time you register. Don't take a chance and miss out on your favorite class or program . . . please register early!

CHECK / MONEY ORDER - VISA / MASTERCARD - CASH

Lansing Parks and Recreation
8th Floor City Hall
124 W Michigan
Lansing MI 48933

PRESORT STANDARD
U.S. POSTAGE
PAID
Lansing, MI
Permit No. 890

ECRWSS
POSTAL CUSTOMER

2010 Summer Concerts in the Park

Free Concerts • 7:00-9:00 p.m.

Enjoy outdoor concerts in the neighborhood parks throughout Lansing. Bring your own lawn chair or blanket and sit back for an evening of great entertainment. All concerts are held on Wednesday evenings unless otherwise indicated. For cancellations due to weather please call 483-6019. Rain Date is the following day.

June 9	Men of Orpheus	at Frances Park
June 16	Powerlight	R&B at Washington Park
June 23	Party of 7	Motown, Disco, Rock at Moores Park
June 30	Fall Creek	Country at Quentin Park
July 4	Lansing Concert Band	Riverfront Park *8pm Concert <i>* Special Note: Concert starts at 8 p.m.</i>
July 7	Sudden Impact	Variety/Heart Tribute at Georgetown Park
July 21	Freddie Cunningham & The Root Doctor Band	R&B at Turner Dodge House
July 28	Yvette Morgan & Friends	Gospel at Grand River Park
Aug. 4	LaCorporacion	Tejano at Frances Park
Aug. 11	Sea Cruisers	Oldies at Ranney Park


IMPACT. MAKE ONE.™

Race for the Cure® 2010
Sunday, April 25 • 2:00 PM • STATE CAPITOL



*Whose life
are you
running
for?*

REGISTER TODAY!
www.komenmidmichigan.org

Whether you run, walk or stroll, with every step and every dollar raised, **you** have the power to change the world. Join the Susan G. Komen Mid-Michigan Race for the Cure®, the global leader in the Race to end breast cancer. Start a team or register as an individual!



Presented by 

NATIONAL SERIES SPONSORS








The running ribbon is a registered trademark of Susan G. Komen for the Cure®

The printing of this publication has been partially funded with Federal funds from USDA's Supplemental Nutrition Assistance Program - Nutrition Education program by way of the Michigan Nutrition Network at the Michigan Fitness Foundation. This material is based upon work supported in

rec~connect

Your connection to health and fun!

part by the Michigan Department of Human Services, under contract number ADMIN-10-99010. USDA is an equal opportunity provider and employer. The Michigan Food Assistance Program provides nutrition assistance to people with low income. To find out more, call 1-800-481-4989.

Did you receive a duplicate? Pick up a copy of the Parks and Recreation "Activities Guide" at many locations throughout Lansing including Foster, Gier, Letts and Southside Community Centers or view it on the web at www.lansingmi.gov/parks or call 483-4277 to get on the mailing list.
PLEASE SHARE WITH A FRIEND!